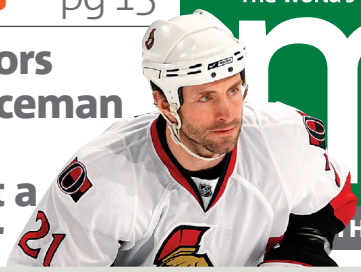
Sports pg 15

Senators defenceman Smith calls it a career



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Style pg 20

The rules on wearing white after Labour Day

Girl OK after seal takes her for a 'swim'

MARINA A little girl who once loved to feed the animals is reassessing her cute-and-cuddly image of seals after one of them snatched her off a dock and dragged her under the water.

The five-year-old is traumatized and nursing puncture wounds after her encounter with a very "rude" seal, but is otherwise OK after her ordeal on Tuesday night at a West Vancouver marina.

Caleigh's father, Mike Cunning, said he and his daughter together decided the seal must have wanted to play.

"She accepts that the seal wanted her to go for a swim, however she thinks that it was rude of the seal to not ask first," Cunning said laughing.

Cunning, his daughter and their neighbours had been cleaning fish on the dock after a successful day of salmon fishing at the Thunderbird Marina when she was dragged into the water.

THE CANADIAN PRESS

Entertainment pg 23

Whitney is back after seven years

Canada pg 4

Ignatieff not backing down

End of summer?

Yoga on the Hill

TRACEY TONG/METRO OTTAWA

Taking advantage of the first balmy day this week, hundreds of yogis gathered on Parliament Hill yesterday to soak up the sun during the Yoga on the Hill event. Participants included Bou, a woodland caribou with the Canadian Parks and Wilderness Society, who was there to raise awareness of the threatened woodland caribou and their Boreal forest habitat.

Plan aims for 2013 CFL kickoff

$250M Lansdowne makeover

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If all goes according to the plan concocted by the city and the Ottawa Sports and Entertainment Group, professional football and soccer will kick off in the newly refurbished Frank Clair Stadium in 2013.

That is the projected timeline for the $250-million first phase of a re-development plan for Lansdowne Park that would completely change the park's orientation, moving the front entrance from Bank Street to the Rideau Canal.

That first phase calls for the city to contribute nearly $130 million to renovate the stadium and the Civic Centre and replace a large portion of the parking lot with a green space.

OSEG would pay for nearly $100 million to build 400,000 square feet of retail and commercial space and underground parking.

The largest retail shop housed in the new complex would be a 40,000-square-foot Whole Foods Market.

Space would be made available in the Horticulture Building for the Ottawa Farmers Market to operate year-round.

The second phase of the plan calls for a "boutique hotel" in the southwest corner of the property and residential buildings.

The park would not have trade and consumer show space. Instead, a new facility would be built for trade shows near the airport.

A complex business model calls for the city to create a Municipal Service Corporation that would then enter into the 30-year lease with OSEG for the entire park.

Minto Chairman and CEO and OSEG spokesperson Roger Greenberg assured people that the financial arrangement is "at worst revenue neutral to the city, at best it'll be substantial positive cash flow."

Since the beginning of the sole source agreement between OSEG and the city Capital Ward Coun. Clive Doucet has been opposed to any redevelopment that does not stem from a competition.

Yesterday, he called the plan an abomination.

"It's a massive shopping centre in the middle of a parking lot," he said.

Public consultation

- Public consultations on the plan are scheduled throughout September. A report will be tabled at a joint meeting of the city's planning and corporate services committees on Oct. 26.

ShareYourViews
ottawaletters@metronews.ca

Flood victims get city support

TIM WIECLAWSKI
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RAIN Kanata residents dealing with flooded basements from the massive rainfall in July will be getting help from the city.

Yesterday, city council voted to waive the sewer surcharge for homes that were flooded as a result of the "once in century rain event" on July 24.

The move would likely save most people around $80, but Kanata South Coun. Peggy Feltmate said it was a gesture to support residents in the tough situation.

Kanata North Coun. Marianne Wilkinson's motion to give $1,000 to any homeowner whose property was flooded three times in the last 15 years, was deferred to the city's planning and environment committee.

Yesterday, city staff outlined the finding of a preliminary investigation into why more than 1,200 basements were flooded and why the city's response was deemed inadequate by some.

Deputy City Manager Nancy Schepers said their investigation found that the city infrastructure functioned properly, but the volume of rain overwhelmed the system.

Deputy City Manager Steve Kanelakos insisted sufficient resources were sent out, but he admitted the service response broke down when it came to various city departments communicating the scope of the damage to each other.

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the Bay

Affordable fitness for low-income women
The city is providing low-income women an affordable opportunity to get fit. In its 10th year, the Woman Alive Program offers women a chance to get fit for a dollar a class at nine city community and recreation facilities. METRO OTTAWA

Local

Don't You Forget About John

Ottawa's Mayfair Theatre is holding a month-long tribute to writer, director and producer John Hughes, who died last month. Starting Saturday, Don't You Forget About John includes screenings of eight of his films: The Breakfast Club; Career Opportunities; Ferris Bueller's Day Off; Planes, Trains and Automobiles; Pretty in Pink; Sixteen Candles; Uncle Buck; and Weird Science. Screenings run Saturdays, Sundays and Mondays. METRO OTTAWA

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News in brief

DRUGS Ottawa police arrested two city residents following the discovery of a marijuana grow-op in a home in the 100 block of Len Lunney Crescent. Thi Chuc Nguyen, 43, and Alex Nguyen, 23, appear in court Sept. 30, charged with possession for the purpose of trafficking, cultivation of marijuana and theft of electricity.

STREET RACING Ottawa police have charged a second Ottawa man following a street-racing incident last month. Martin Gregoire, 24, faces charges of dangerous operation of a motor vehicle causing bodily harm and racing a motor vehicle. He appears in court Oct. 9.

ASSAULT City police charged an Ottawa man with one count of sexual assault after a woman was inappropriately touched while walking along the Rideau Canal earlier this week. Yesuf Musa Hasen, 49, appeared in court yesterday and remains in custody.

TRACEY TONG/METRO OTTAWA

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WHAT'S ONLINE TODAY

Blogs It's Called Football reports that stadium renovations key to Vancouver's MLS future will go ahead despite a massive B.C. deficit

Lotteries
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Finding what lies beneath

Annual cleanup of Ottawa River yields massive garbage haul

TRACEY TONG
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This time last year, they pulled a truckload of garbage out of the Ottawa River.

Yesterday, it seemed that history had repeated itself.

"We found steak knives, a driver's license, shoes, a Petro-Points card, a clock and a fishing-line reel," said police Marine Unit dive site supervisor Const. Brent MacIntyre. "But I think the best one is this top of a fire hydrant. I don't know how that got in there."

Police also pulled out a traffic barrier and a bicycle as they kicked off the 16th annual TD Great Canadian Shoreline Cleanup in the Ottawa River.

The nationwide event, held Sept. 19-27, will see 75,000 people in hundreds of communities collect about 150,000 kilograms of litter from Canada's shorelines and waterways, said Angela Griffiths, director of conservation with the Vancouver Aquarium.

In Ottawa so far, more than 700 people have registered 20 projects.

The situation is getting more serious, said Griffiths. The Great Pacific Garbage Patch — an area of garbage measuring thousands of square kilometres in the middle of the Pacific Ocean — is a good example, she said. "We believe that 80 per cent of that garbage is from the land. It's important to do the cleanups — any shoreline (waste) eventually ends up in the ocean."

The garbage is a hazard to marine life — every year, over one million seabirds and 100,000 marine mammals and turtles die from entanglement and ingestion of litter.

"This dive cleanup is important because it shows what's underneath the surface," Griffiths said.

Other notable things that have been pulled out across the country include a motorcycle, a wedding dress and a voodoo doll, she said.

MacIntyre said the river is so cloudy, there is only about two feet of visibility.

Yesterday's cleanup is "only the tip of the iceberg," he said. "We're talking about a massive amount of garbage."

Volunteers can register a project or join in a cleanup at tdgcsc.ca.

TRACEY TONG/METRO OTTAWA

Ottawa police diver Const. Sonny Leveillee hands some underwater finds to dive site supervisor Const. Brent MacIntyre, front, and Ottawa paramedic John Blythe yesterday.

Inline skaters to get rolling at festival

SPORT This long weekend, one of the city's fastest-growing sports will get its day when the Ottawa Inline Skating Club holds its annual festival.

Hundreds of people are expected to come from as far as Montreal, Toronto and the U.S. for races of distances from 2K to a triple crown event, which includes consecutive marathon, half-marathon and 10K races.

While inline skating is most popular in Europe, Canada is catching up quickly, considering that it's not an Olympic sport, said club member Claire Lepage.

"It doesn't get the exposure that ice skating and speedskating get," she said. "But it's definitely a growing sport here."

The sport attracts people of all ages, as well as speed-skaters and hockey players, Lepage said.

Held on the Rockcliffe Parkway, the festival begins at 1 p.m. on Sunday.

Participants can register online or on site Sunday.

TRACEY TONG/METRO OTTAWA

AIDS Walk for Life fighting to maintain awareness

HEALTH The disease doesn't make headlines the way it did in two previous decades, which is exactly why the AIDS Walk for Life — held later this month — is so important.

In addition to raising money for Ottawa-based HIV/AIDS organizations, the walk raises awareness that the disease is still something people need to think about, said Jonathon Braun, special events assistant for the Scotiabank AIDS Walk for Life.

"With all the treatment and the medication, people forget that this is so important," said Braun. "It's lost the exposure that it got in the '80s and '90s."

In its 19th year, the walk, which is held across the country, keeps growing. While it raises funds for services in Ottawa, another reason to participate in the free event Sept. 19 is to walk in solidarity with those affected by AIDS.

"It's important to have people walking in support of people living with HIV/AIDS," Braun said. "The stigma can be more damaging than the disease itself, so the support of the community is an important thing."

In Ottawa, there are about 3,000 people who are HIV-positive. About one-third don't yet know they are infected, Braun said.

While there is ongoing research towards an HIV vaccine, there is still no cure, Braun said. "The only prevention against HIV is education."

With a fundraising goal of $100,000, the walk benefits seven Ottawa organizations with HIV/AIDS programming: Bruce House, the AIDS Committee of Ottawa, the Youth Services Bureau, the Snowy Owl AIDS Foundation, the Wabano Centre for Aboriginal Health, Pink Triangle Services and Planned Parenthood. Last year, more than 800 people participated in the walk.

"It's really a diverse set of people coming out to the walk," Braun said. "We have high schools that get involved, people in their 90s and people in strollers."

Participants can sign up at aidswalkottawa.ca.

TRACEY TONG/METRO OTTAWA

TRACEY TONG/METRO OTTAWA

The Scotiabank AIDS Walk for Life raises money and awareness of HIV/AIDS, said special events assistant Jonathon Braun.

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Restructuring key to mining sector recovery: Ministers
Canada's mines and energy ministers have identified regulatory restructuring as their top priority to position the country for the recovery of the mining sector. Provincial and territorial ministers wrapped up two days of meetings in St. John's. THE CANADIAN PRESS

Canada

Fishers could have had more notice: MP

Federal Fisheries Minister Gail Shea says fishermen could have been given more notice of a ban on shellfish in the Maritimes. Shea admits that her department and Environment Canada could have consulted with people in the industry before the restriction on certain shellfish was issued Monday. The ban covers clams, oysters, mussels and quahogs and extends to all of Nova Scotia, P.E.I. and parts of New Brunswick. THE CANADIAN PRESS

News in brief

CRIME A 19-year-old woman has been charged with attempted murder after a 14-month-old girl had her head smashed repeatedly against a sidewalk. Nikita Solange Eaglestick is also charged with abduction and aggravated assault, Winnipeg police said yesterday.

HEALTH Canada's top health officials say the country is not lagging behind other nations in flu preparation and Canada is on track to have a swine flu vaccine by mid-November. Health Minister Leona Aglukkaq said recent criticism that Canada is unprepared for a second wave of the pandemic is unfounded.

DECLARATION The former high-profile Ontario cabinet minister criminally charged in the death of a bicycle courier says he's innocent of the accusations against him. Michael Bryant made the comments in a statement yesterday.

THE CANADIAN PRESS

No turning back, says Ignatieff

POLITICS Michael Ignatieff says there's no turning back on his decision to try to topple the Harper government this fall, and it's now up to the other parties to decide what they want to do.

The Liberal leader suggested yesterday that there's nothing Prime Minister Stephen Harper can do to persuade Liberals to continue propping up the minority Conservative government.

"We're not in negotiation here. We did that in June," Ignatieff told a news conference wrapping up a three-day Liberal caucus retreat.

Ignatieff backed away from the brink of an election in June, agreeing to negotiate potential reforms to employment insurance over the summer.

But he said those negotiations, which quickly became mired in partisan squabbling, proved the Harper government can't be trusted to deal in good faith with opposition parties.

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

Liberal Leader Michael Ignatieff kisses the head of a baby boy as he's held by wife Zsuzsanna Zsohar following the Liberal's summer caucus yesterday in Sudbury, Ont.

Tribunal upholds free speech rights

Ban of Internet hate messages 'unconstitutional,' says member

A ruling from a Canadian Human Rights Tribunal member says a controversial law banning Internet hate messages is unconstitutional because it violates free speech protections.

Athanasios Hadjis ruled Wednesday that section 13 of the Canadian Human Rights Act violates Charter protections. While this decision doesn't throw out the law (that's something for the courts) it did let accused hatemonger Marc Lemire off the hook, because Hadjis refused to penalize him or order him to stop posting his messages.

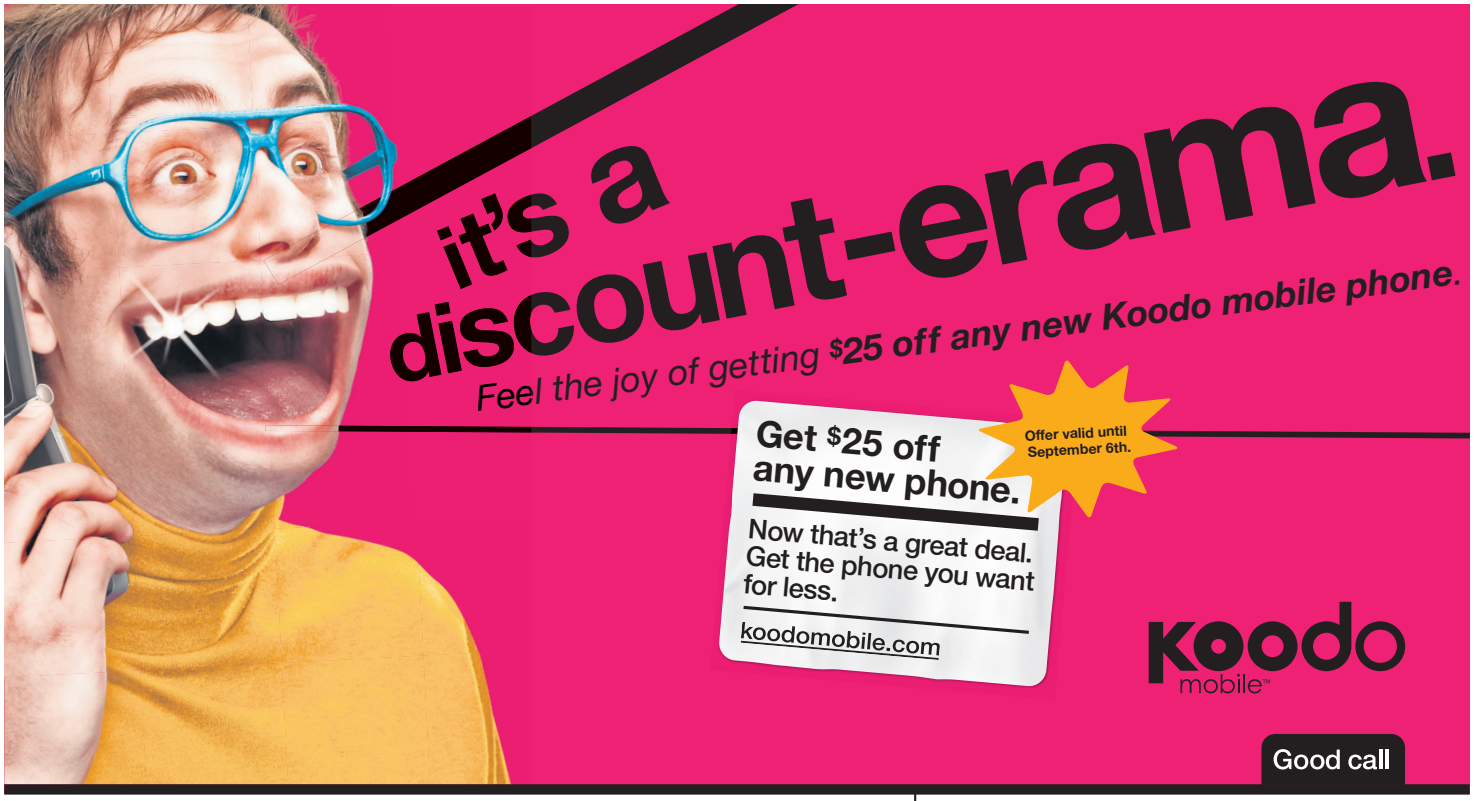
If the example is followed by other tribunal members, it could mean an end to section 13 cases.

Hate accusations are filed with the Canadian Human Rights Commission. If it finds them valid, they are then taken before the tribunal, which can impose fines of up to $10,000.

THE CANADIAN PRESS

Section 13

- The section originated in the 1960s as a tool against racist phone hotlines and was later extended to the Internet. It's come under harsh criticism recently.



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Doctors want children banned from ATV operation

The Ontario Medical Association is urging that children under the age of 14 be banned from operating all-terrain vehicles. The doctors' group also recommends that advertising of ATVs for use by children be prohibited, and finally, it wants government-approved helmets to be compulsory for ATV users. THE CANADIAN PRESS

Surcharges investigated

OLG stops payment on 2 casino projects worth about $30M

The troubled Ontario Lottery and Gaming Corp. has stopped payment on two casino building projects worth about $30 million while internal auditors investigate the "bidding practices" of the winning contracting company.

At issue are a series of "surcharges" levied by general contractor Govan Brown on the many subcontractors it has hired to expand casino and slot machine properties in Brantford and Ajax. The five individual surcharges total 7.5 per cent of each subcontractor's contract, and could add up to about $2 million.

Bid documents obtained by the Toronto Star show Govan Brown instructs subcontractors to include surcharge amounts in their bids for such things as site cleanup. One subcontractor said he dutifully included the surcharges in his bids. Although his company does the site cleanup or other work, he said they do not receive the surcharge money.

The OLG said it never approved these surcharges. OLG spokesperson Allison Sparkes said allegations "regarding (Govan Brown's) bidding practices" were first received on July 22. A review began immediately and then on Aug. 21 the OLG met with Govan Brown officials and told them payment was being stopped pending outcome of the probes.

TORSTAR NEWS SERVICE

Projects ongoing

- Though payment has been stopped, the projects are ongoing.
- Govan Brown's chief financial officer, Eric Wegler said his company met with OLG in July and that the OLG asked for the surcharges to be removed. "In order to maintain our strong working relationship with them as a client, we agreed," said Wegler.

Heavy workload for integrity chief

Ontario's small integrity office of nine people will face a dramatically increased workload this fall when it takes over the responsibility of policing the expenses of 23 of the province's largest agencies, boards and commissions.

Legislation will likely be required to give acting integrity commissioner Lynn Morrison the authority to review expenses for the 23 provincial bodies, which employ nearly 44,000 people, according to the premier's office.

Among other tasks, the office examines all expenses for cabinet ministers and the opposition leaders and their staffs.

The Liberals are under fire after details of expenses at the Ontario Lottery and Gaming Corp. came to light on the heels of a spending scandal involving untendered contracts and high-priced consultants at eHealth Ontario.

Opposition leaders say Premier Dalton McGuinty's solution is a "knee-jerk" reaction and not a well-thought-out plan to rein in agencies that operate at arm's length.

TORSTAR NEWS SERVICE

Commissioner

- Integrity commissioner Lynn Morrison took over as acting integrity commissioner after her boss Coulter Osborne retired in 2007. She has been with the integrity office since it was established in 1988.

$194M for nine new Coast Guard vessels

HALIFAX The Canadian Coast Guard will get nine new patrol vessels under a $194-million contract announced yesterday, years after Ottawa promised to build the ships and beef up the country's aging fleet.

Fisheries Minister Gail Shea said Irving Shipbuilding Inc. will deliver the first midshore patrol vessel in 2011 after the Halifax-based company beat out rival bidders from across Canada.

Standing on the Halifax waterfront and flanked by hundreds of shipyard workers, Shea said the 43-metre-long ships will be used in national fisheries conservation programs, and security surveillance in the Great Lakes-St. Lawrence Seaway system.

THE CANADIAN PRESS

Red noses all around for big top in space

The founder of the Cirque du soleil may do some clowning around when he visits the International Space Station later this month — even if his primary goal is serious.

Laliberté

Guy Laliberté says he'll carry an important message about conserving water and he's enlisting a variety of celebrities, from former U.S. vice-president Al Gore to pop stars Shakira and U2, to rally around his cause.

But the man behind the famous circus will find a way to temporarily transform the space station into a celestial big top. His plan involves a familiar red face ornament.

"I will probably wear my clown's nose at some moment of that (trip)," Laliberté told a news conference which was broadcast live from Moscow on the web.

The Quebec billionaire added that he plans to pack away nine bright red noses in his space luggage. They'll be shared with his fellow travellers.

Laliberte also plans to do some juggling in the gravity-free environment.

THE CANADIAN PRESS

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Flaherty to caution G20 on economy

Finance Minister Jim Flaherty is not yet convinced the recovery is self-sustainable or that the world has learned the necessary lessons from the economic crisis.

Those are the messages Canada's finance minister will take to a meeting of his G20 counterparts in London on Friday as the world's top economic ministers meet to discuss what has been a sudden reversal of the world's economy for the better.

A senior Finance official briefing reporters on the meeting says Flaherty will be stressing that now is not the time to start pulling back from massive governmental stimulus, because the global economy may collapse.

The official, who spoke on background, says Flaherty believes economies have indeed stabilized, but that is largely as a result of public sector stimulus, and central bank policies that encourage borrowing with low interest rates.

THE CANADIAN PRESS

JAMES MCCARTEN/THE CANADIAN PRESS

Cpl. Scott King, 27, of Lamaline, N.L., from 1 Combat Engineer Regiment based in Edmonton, is shown in this April, 2008 photo, returning from grazing Hughes, a two-year-old donkey the soldiers bought from their Afghan National Army counterparts, at a patrol base west of Kandahar city, Afghanistan.

Canadian soldiers opt for Chinooks over lowly donkey

They may be the cream of the crop when it comes to strength, stubbornness and agility, but it turns out that in Afghanistan, the donkey makes a lousy soldier.

A trial project to use the humble beast of burden to help resupply Canadian soldiers out in the field came to an abrupt halt this summer.

With heat during the summer months surpassing 50 C, it is next to impossible for a soldier in full battle gear to carry enough water and ammunition to survive. The plan was to purchase up to 30 specially trained donkeys and turn them over to a unit of Afghan soldiers and their Canadian mentors.

However, the practical considerations involved with using donkeys made the idea less effective in practice than it appeared it would be in theory, said Capt. Kirk Watson, whose unit — G-4 Ops, based at Kandahar Airfield — is in charge of logistics.

"We got to a point where we fielded a few donkeys on patrols and unfortunately we lost a couple — one actually drowned and another actually deserted and ran off," Watson explained.

"At the end of the day — was it a good idea? Yeah, it was definitely a good idea," Watson said.

The recent Canadian deployment of a half-dozen used Chinook helicopters has rendered the need for the donkeys a moot point, he added.

"At the end of the day, if there is a position that's on a mountain and you are utilizing a Chinook, you don't even have to land it. You just have to get in proximity to release the material and drop it off."

THE CANADIAN PRESS

Popular with U.S., Britain

- The donkey is popular with U.S. and British soldiers, who use pack animals to support special operations.
- The last time Canadian troops used donkeys was during operations in northern Sicily in the Second World War.

'Swine flu' not keeping Canadians away from pork

A new poll suggests an overwhelming majority of Canadians — 90 per cent — understand they can't get the influenza A (H1N1) virus from handling or eating pork, despite the early labelling of the illness as "swine flu." THE CANADIAN PRESS

'You can't ignore the rat. Kill him'

PEST CONTROL The sketch of the rodent looks menacing.

"You can't ignore the rat," the caption reads. "Kill him."

The poster dates back to the 1950s when, for 10 straight years, the rat was public enemy No. 1 in Alberta and citizens united behind the cause of preventing an infestation.

As the province currently struggles to maintain its self-proclaimed status as the only rat-free jurisdiction in North America, researchers at the University of Alberta say one of the main reasons spotting a rat in the province is big news today is because the rodents were so vilified in a campaign six decades ago.

"The rat-free idea became a very important part of the Alberta identity," says visual culture master's student Jingjing Zheng, who along with art design Prof. Lianne McTavish, has done a visual analysis of the provincial government's decade-long campaign against rats, which started in 1950.

"These visual materials played a very important role constructing community identity," Zheng said.

Material collected from the time has a distinctly propaganda feel. Posters were mostly about defending the province's boundaries from "an enemy."

Citizens were taught to be alert and able to spot "enemy activity," McTavish said.

The posters touted the Alberta Rat Proofing and Rat Control Act and were put up at hundreds of government buildings and schools around Alberta. The province also distributed 1,500 anti-rat pamphlets to citizens each year. The study also found Norway rats were portrayed as Second World War enemies — the Japanese and Nazis.

THE CANADIAN PRESS

No mercy

- During the anti-rat campaign, Alberta hired pest control officers to patrol the Saskatchewan boundary and paid a Winnipeg company thousands of dollars to "poison proof" a 250-kilometre stretch, blowing 60,000 pounds of rat contact powder along the boundary.

Emotional return for veteran

After serving as a young war resister, being shuttled through concentration camps and eventually fleeing to Canada, a return to her native Poland was an emotionally charged trip for Eva Konopacki.

Although she didn't receive an apology from the Russian government for the atrocities of the Red Army during the Second World War, the 83-year-old Ottawa woman said she she was treated like royalty by the Polish government.

Eva Konopacki

"War is a terrible thing, but on the other hand, when you survive, you feel stronger," said Konopacki from her hotel room in Warsaw.

Konopacki was among 25 veterans invited to Poland for the 70th anniversary of the Second World War, and was honoured Tuesday at the seaside where the first German attack occurred Sept. 1, 1939.

She said many had been expecting Russian Prime Minister Vladimir Putin, who attended the event, to admit and apologize for the harsh role played by the Red Army in the Soviet occupation of Poland.

But Konopacki said while Putin made a vague reference to "errors of the past" in one sentence, the rest of his speech simply glorified the Red Army.

Polish officials, on the other hand, spoke at length about a peaceful future built on the foundation of historical truth, she said.

THE CANADIAN PRESS

Award for bravery

- At age 18, Konopacki won Poland's highest military award for her bravery during the Warsaw Uprising of 1944. She risked her life to enter a convent under heavy attack by the Nazis to make contact with soldiers.

Weapons stockpile found buried in Greece

Greek authorities say they have discovered eight anti-tank rockets buried in northern Greece. The cache was found in a forested area outside Thessaloniki. THE ASSOCIATED PRESS

World

Indian politician missing

A helicopter carrying a powerful politician from southern India disappeared in heavy rains yesterday as it flew over a forested region infested with Maoist rebels. Air force helicopters rushed to the area to search for the aircraft carrying Y.S.R. Reddy, left, the 60-year-old chief minister of Andhra Pradesh state. THE ASSOCIATED PRESS

Netherlands **Lily baby**

PETER DEJONG/THE ASSOCIATED PRESS

Two-month-old Senna Yetkinbudak lies on the leaf of a giant water lily at the Rotterdam Zoo yesterday. The zoo organized the event for parents to take pictures of their children. The leaves can grow up to three metres diameter and can easily support a weight of 15 kilograms.

Deadly earthquake rattles Indonesia

A powerful earthquake rocked southern Indonesia yesterday, killing at least 33 people crushed by falling rock or collapsed buildings and sending thousands fleeing outdoors for safety in the middle of the work day.

Hospitals quickly filled with more than 300 people injured when the magnitude 7.0 quake struck off the southern coast of the main island of Java, where most of Indonesia's 235 million people live.

With dozens reported missing, the death toll was expected to rise. Disaster officials said hundreds of homes and buildings had collapsed or were severely damaged in three districts in densely populated West Java.

The worst report of fatalities was from a village in Cianjur district, where 10 bodies were recovered from a landslide. About 30 people were still believed trapped under rocks and dirt, the official Antara news agency reported.

"Most of them are housewives and children who were playing PlayStation in a buried house," Entang Kurniawan, another resident, told broadcaster TVOne.

A tsunami warning was issued after the quake struck, but was revoked an hour later.

Muharaham Ardan, a university lecturer in the town of Tasikmalaya, about 115 kilometres from the epicentre, said it was the biggest quake he had ever felt.

"We all ran out in panic, we didn't even put our sandals on," he said. THE ASSOCIATED PRESS

DIKRAN RAKYAT/DAILY/THE ASSOCIATED PRESS

People stand outside a house destroyed by an earthquake in West Java, Indonesia, yesterday. At least 33 people were killed.

News in brief

PAKISTAN Suspected militants opened fire on a vehicle carrying Pakistan's religious affairs minister yesterday, wounding him and killing his driver in a brazen attack in the heart of the capital. Hamid Saeed Kazmi had been critical of militants blamed for scores of attacks in Pakistan over the last three years. Fellow ministers said extremists were suspected in the shooting.

CALIFORNIA Firefighters made more progress yesterday against a giant wildfire that has ravaged a national forest north of Los Angeles as investigators searched for more information about how the fire started. Deputy incident commander Carlton Joseph said that the fire was human-caused, but it's not known specifically how it was started or whether it was accidental or arson.

LIBYA The man convicted in the 1988 Lockerbie bombing was taken to intensive care yesterday after his illness from terminal prostate cancer worsened, family members said. Abdel Baset al-Megrahi's health has swiftly deteriorated since he was released from a Scottish prison less than two weeks ago and returned home to Libya to die. THE ASSOCIATED PRESS

Suicide bomber kills Afghan intelligence official

AFGHANISTAN A Taliban suicide bomber attacked officials leaving a mosque east of Kabul yesterday, killing the country's deputy intelligence chief and 23 other people in a major blow to Afghanistan's security forces.

A Taliban spokesman claimed responsibility for the bombing, which happened as Afghan dignitaries were leaving the main mosque in Mehterlam, after Ramadan ceremonies. The bomber approached the crowd on foot and detonated an explosive belt, killing 23 people, including Abdullah Laghmani, deputy chief of Afghanistan's National Directorate for Security and the target of the attack, according to provincial spokesman Sayed Ahmad Safi.

The chairman of the local provincial council and the executive director of the local governor's office also died in the blast, Safi said.

Laghmani, a close ally of President Hamid Karzai, was a major figure in Afghanistan's security and intelligence apparatus and his death was a setback to Afghan efforts to curb Taliban and other extremist activity.

"It is indefensible that such an attack was carried out at a mosque during the holy month of Ramadan," said Peter W. Galbraith, the deputy UN chief in Kabul. THE ASSOCIATED PRESS

Karzai closer

- Afghanistan's election commission says President Hamid Karzai is moving closer to the 50 per cent threshold that would allow him to avoid a run-off in the country's presidential election. In results released yesterday, Karzai has 47.3 per cent of votes counted while top challenger Abdullah Abdullah has 32.6 per cent.

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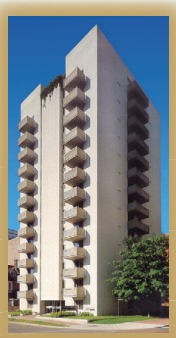

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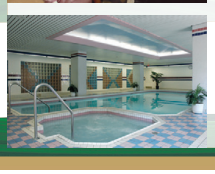

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Bulgaria cracks down on corruption

Bulgaria's parliament has approved a sweeping review of payments and senior appointments, as part of a pledge to crack down on corruption. THE ASSOCIATED PRESS

White supremacist seeks speedy trial

Charged with killing guard

A white supremacist charged with killing a black security guard at the U.S. Holocaust Memorial Museum appeared in court in a wheelchair yesterday.

James von Brunn, 89, has been hospitalized since the June 10 shooting after reportedly being shot in the face by another guard.

His lawyer said in the Washington court the injuries make it difficult for him to hear and talk and he cannot walk.

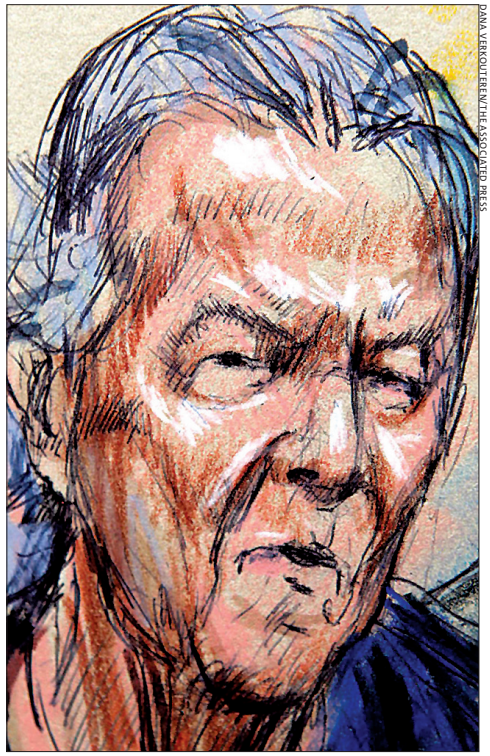
A judge ordered him back to jail while to he awaits trial.

"Your constitution guarantees me a speedy and fair trial," von Brunn said in a halting voice.

"I'm a United States citizen, and as a U.S. naval officer I swore to protect my country.

"I take my vows very seriously," added von Brunn, a Second World War veteran.

THE ASSOCIATED PRESS



DANA VERKOUTEREN/THE ASSOCIATED PRESS

James von Brunn is seen in court in this artist's drawing.

Bank heist four get death

CRIME A Baghdad court yesterday sentenced four members of Iraq's security forces to death for their roles in a bank heist.

The break-in in the Iraqi capital left eight bank guards dead.

A three-judge panel gave the men a month to appeal the swift sentence in a case that has the potential for political fallout.

At least one of the suspects was linked to a senior official in a major Shiite party.

Gunmen broke into the state-run Rafidain Bank at about 4 a.m. on July 28, killing three on-duty guards and five others on the premises, police say.

The bank's chief testified during the trial that about $4.8 million was stolen.

Most of the money was recovered.

During the emotionally charged trial, relatives of those killed in the heist beat and spat on the defendants.

The relatives were banned from the sentencing. THE ASSOCIATED PRESS

Taiwan **Melee greets Dalai Lama**

WALLY SANTANA/THE ASSOCIATED PRESS

An anti-China protester shouts during a scuffle with police yesterday as exiled Tibetan spiritual leader the Dalai Lama arrives at a hotel in Taipei, Taiwan.

Colombia wants chief to stay on

POLITICS Colombia's lower house has approved a bill calling for a referendum on whether to change the constitution to allow President Alvaro Uribe to run for a third consecutive term.

After a marathon debate, lawmakers voted 85-5 in favour.

The bill, which has already passed the Senate, now goes to Colombia's Constitution Court.

Uribe, a conservative closely allied with Washington, is highly popular for reducing Colombia's murder and kidnap rates and putting rebels on the defensive. THE ASSOCIATED PRESS

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Comment

For the love of money

Study finds opposites attract when it comes to spending

Relating

Steve Collins

metronews.ca/collins

Money is not the most important thing in the world. Love is. Fortunately, I love money.

– Jackie Mason

In matters of money, is your ideal mate frugal or frivolous? The answer may be itemized in your own credit card statement.

Researchers at the University of Michigan's Ross School of Business who surveyed 1,000 married and unmarried adults identified a tendency for skinflints and squanderers to seek each other out.

The more unhappiness respondents reported with their particular monetary kink, whether it was overspending or oversaving, the more they were attracted to the other extreme. In this case, it seems opposites really do attract, and, as even a non-scientist might predict, that's trouble.

Take the typical couple's set-tos over money matters then add the irritant of one partner obsessively building a nest egg the other seems intent on poaching. Stir vigorously and duck.

At this anxious economic pass, obviously it's the profligate spender who's going to take the most flack, but what about the stimulus-choking hoarder? Neither extreme approach to money is necessarily a virtue.

Perhaps the cheapskates need to learn to loosen up a little as much as the shopaholics need a bit of self-restraint.

There's a simple division of labour argument to be made: If you either can't balance a cheque book or can't pry it loose for a much-needed vacation, it only makes sense to find someone who can. But can you ultimately live with that someone?

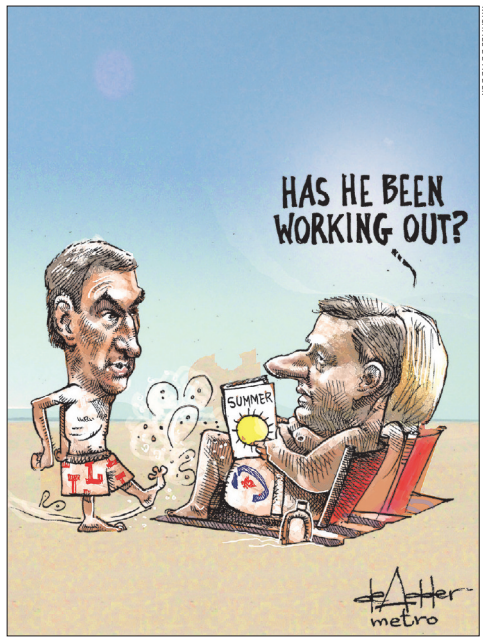
But as some women find themselves drawn, mortifying clichés notwithstanding, to the bad boy, perhaps Mr. Bad Credit Rating has a similar allure. I've never been seriously tempted to hook up with a big spender, and just between you and me, I've never been financially well-endowed enough to really tempt one, either.

There isn't much fiscal turmoil at chez Steve. I'm half Scottish and my thrifty beloved is not only Scotch but also Dutch. Loath as I am to perpetuate ethnic stereotypes, she's definitely the more penny-pinching half of this small-spending couple. When we go out, she audits me for over-tipping, though she's a softer touch when hit up for spare change.

A married couple we know are our opposite, but also allegedly financially compatible. Neither is what you'd call tight with a dollar. Both are impulse buyers, neither ever has much money left over, and they give each other hell about it. (This is far from the only thing they spar over.)

We muddle through based on roughly similar values, lots of laughs and uncommonly good chemistry. Separate bank accounts, in my experience, are also helpful.

Steve Collins offers his best guesses on relationships for Metro every two weeks.



MICHAEL DE ADDER

Views

Runner's gender testing tests prejudices

FourthWave

Canice Leung

metronews.ca/fourthwave

When the world poked and prodded at prodigious South African runner Caster Semenya, musing whether she was a he, I assumed feminists would universally come to her aid — not so.

Take Germaine Greer, who advocated sexual liberation in her book The Female Eunuch, yet once opposed the appointment of a transwoman colleague to a fellowship at a women's college because she used to be male, and named a chapter in one of her books "Pantomime Dames."

She wrote this about the gender-ambiguous in the Guardian two weeks ago: "Nowadays we are all likely to meet people who think they are women, have women's names, and feminine clothes and lots of eyeshadow, who seem to us to be some kind of ghastly parody, though it isn't polite to say so."

Funny ... as a biological female I often feel like a ghastly parody — my curves not globular enough; too much makeup or not enough. Men, women and in-between all fear they don't resemble their idealized images.

Woe be to the individuals whom genetic roulette places on the middle of a continuous spectrum somewhere between male and female. We've learned to tolerate most every kind of change in stride (politics, religion, lifestyles), but not gender-bending.

The historical outcome of gender testing, before it was discontinued in 1999, was mostly a bunch of identity crises when female athletes learned they had chromosomal disorders. Most recently, India's Santhi Soundarajan was stripped of her Asian Games silver medal in 2006 after she was found to have androgen insensitivity syndrome, in which a genetic male appears female because the body is resistant to male hormones.

Poor girls. Never mind the garbage that passed as evidence of maleness in the media (Semenya dislikes dresses, dolls and romantic movies, her friends and relatives say) — merely being athletically competitive is a transgressive act that thrusts women into a man's world. If anyone should have understood, it was Semenya's colleagues, but they, too, turned against her.

"These kinds of people should not run with us. For me, she's not a woman. She's a man," accused Italian Elisa Piccione, who finished sixth to Semenya.

Luckily for Semenya, her urine test results showed high but acceptable testosterone levels. Soundarajan, shamed into giving up a promising career, told Time magazine the experience left her "physically and mentally broken." She had advice for Semenya, too: "A gender test cannot take away from you who you are."

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

Worth mentioning

Robot revolution around the corner, developers say

Forty-seven years ago this month, The Jetsons splashed onto our TV screens, promising us a world in which middle-class families would have Rosie The Robot — a lively, caring machine that could keep an eye on the kids, clean, and scold the occasional rude guest.

We're not there yet but robot developers say we're getting closer.

"They'll drive cars, do your laundry, carry weapons and do bad things as well," said Jacky Baltes, a computer science professor at the University of Manitoba, who has been developing a robot called Archie in conjunction with the Vienna University of Technology in Austria.

"This revolution is going to be much bigger than the computer revolution."

Baltes and his colleagues are aiming to eventually develop Archie into a robot that could assist the disabled, the elderly and everyday families in tasks around the home.

For now, Archie can walk forward and backward. It's early days yet, but Baltes feels Archie or some robot just like him will be fully functioning and affordable within a few decades.

THE CANADIAN PRESS

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Superior Plus to buy Sunoco assets in U.S.

Superior Plus Corp., Canada's largest propane dealer, says it is scooping up U.S.-based Sunoco Inc.'s retail heating oil and propane distribution business for $82.5 million US in cash plus working capital, to boost its presence stateside. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Ford Canada plays clunker card

AUTO In the latest battle-front in the country's competitive auto market, Ford Motor Co. of Canada jumped ahead of its rivals yesterday by offering consumers up to $3,000 if they scrap their old autos and buy new company vehicles.

That's double the amount Chrysler Canada is using to entice customers in its "cash for clunkers" program. rolled out two weeks ago, a few days after Hyundai Canada jolted the market with a "clean air commitment" that gives consumers up to $1,000 to recycle their old cars.

"This, in our minds, is first and foremost a sales and economic stimulus with great incremental benefits for the environment," said David Mondragon, Ford's CEO.

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Jack Daniel's **Heady profit**

MARK HUMPHREY/THE ASSOCIATED PRESS FILE PHOTO

Jeff Arnett, master distiller at the Jack Daniel Distillery in Lynchburg, Tenn., tests the aroma of whiskey from an aging barrel in May this year. Liquor company Brown-Forman Corp. reported a 38 per cent surge in first-quarter profit yesterday as lower operating expenses offset sluggish sales.

Large drop in oil profit expected

Oil industry profits this year are expected to be 24 per cent lower than in 2008, the Conference Board of Canada predicted yesterday, citing a startling drop in crude prices as the main culprit.

"The Canadian oil industry has long been a boom or bust industry, and that has been the case over the past year," said Todd Crawford, an economist with the Ottawa-based economic think-tank.

The Canadian oil industry's pre-tax profits are estimated to drop to $11.6 billion, down from $15.3 billion in 2008. The price of crude oil touched record highs above $147 US per barrel last July, only to shrink by three quarters within six months to below $35 US per barrel. Prices have since doubled to around $70 US per barrel, but remain less than half their record highs.

Oil production is expected to increase only 1.8 per cent this year compared to 2008, when output fell.

Citing dismal commodity prices and tighter access to capital, a number of oilsands players deferred or outright cancelled oilsands projects. THE CANADIAN PRESS

Gas excluded

- The Conference Board forecast excludes the natural gas extraction industry, which has been hit even harder in recent months than its oil-focused counterparts.

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Canada still No. 66 in world soccer

Confederations Cup champion Brazil remains atop the FIFA rankings for a third straight month. European champion Spain stayed second, followed by the Netherlands in world rankings announced yesterday. Canada remained unchanged at No. 66, sandwiched between Saudi Arabia and Wales. THE ASSOCIATED PRESS

Sports

Luongo signs long term

The Vancouver Canucks have agreed to a 12-year, $64-million US contract extension with star goaltender Roberto Luongo, left. The deal will keep the 30-year-old Canucks captain in Vancouver until the 2021-22 season. Luongo was 33-13-7 last season with a franchise-record nine shutouts. In 544 career games, the Montreal native is 230-232-64 with a 2.57 goals-against average. THE CANADIAN PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Coyotes' fate still up in air

Hearing adjourned without ruling on whether Balsillie can bid

Jim Balsillie's bid for the Phoenix Coyotes remains on hold.

A U.S. bankruptcy hearing adjourned yesterday without a decision on whether the BlackBerry boss could take part in an auction for the troubled NHL franchise. There was no immediate word on when Judge Redfield T. Baum will rule on the issues.

"I totally respect the court process. Whenever he rules it I will respect his ruling," Balsillie said.

"I still think our bid is best by far the best for creditors for fans and the long-term viability of the team. All I wanted from the very beginning is a chance for a level-playing-field court-supervised auction where we could participate."

"I totally respect the court process. Whenever he rules it I will respect his ruling."
Jim Balsillie

"The process continues but we are getting closer to a culmination of these proceedings," added NHL commissioner Gary Bettman, who added he was not disappointed that Baum did not make a ruling yesterday.

"I don't think that would be a fair characterization," he said. "As the judge indicated, a tremendous amount of paper and pleadings have been submitted. I'm sure the judge wants to be completely comfortable he's had ample opportunity to review everything and reflect on it appropriately."

In court, lawyers for the NHL and Balsillie offered different visions of the Coyotes this season.

The NHL defended its position not to accept Balsillie as a potential owner and insisted the team had to stay in Arizona while a lawyer for the Canadian billionaire claimed that the team could move to Hamilton partway through the season.

The NHL argued that the Coyotes couldn't be moved for the 2009-10 season and league lawyer Shepard Goldfein said the Coyotes should remain in Glendale for the sake of financial stability and so other teams can know their schedule and travel plans.

Balsillie lawyer Jeff Kessler agreed that moving the team this late does create problems, but he said they can be fixed.

"We have confidence if the league ... were to work with us every one of this obstacles would be overcome," he said.

THE CANADIAN PRESS

FIBA Canada defeated

ANDREA LEIGHTON/THE ASSOCIATED PRESS

Canada's Carl English passes the ball to a teammate as he's guarded by Brazil's Alex Garcia during their FIBA Americas Championship quarter-finals basketball game in San Juan, Puerto Rico, yesterday. Brazil won 68-59. It was the second straight loss for the Canadians (1-4), who face Panama today.

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14 sports

Hawks sign Collins
The Atlanta Hawks have added more depth and size to their frontcourt by signing centre Jason Collins. THE ASSOCIATED PRESS

JULIAN FINNEY/GETTY IMAGES

Aleksandra Wozniak of Blainville, Que., returns a shot against Amelie Mauresmo of France yesterday at the U.S. Open. Wozniak beat Mauresmo, who has won 25 tournaments in her career, 6-4, 6-0.

Wozniak advances

Canadian upsets former No. 1 seed

Canadian Aleksandra Wozniak upset former world No. 1 Amelie Mauresmo 6-4, 6-0 in the second round at the U.S. Open yesterday.

The 21-year-old from Blainville, Que., handed the 17th seed from France, a semifinalist in 2002 and 2006, her earliest career loss at Flushing Meadows.

Wozniak is ranked 39th in the world, compared to No. 17 for Mauresmo, who has won career 25 tournaments.

The Canadian will play in the third round against 10th seed Flavia Pennetta of Italy, who crushed India's Sania Mirza 6-0, 6-0.

"It was exciting to play on the show court," Wozniak said of the 23,000-capacity Arthur Ashe venue. "I did well not to get distracted by the crowd or anything. I think I did a pretty good job with everything today."

"It was exciting to play on the show court."
Aleksandra Wozniak

Wozniak profited from 31 unforced errors by Mauresmo — who hit just nine winners — and converted all six break chances.

Mauresmo, the 2006 Wimbledon and Australian Open champion joined Ana Ivanovic as the second Grand Slam tournament winner to be eliminated in the first week of play.

In other action yesterday, Venus Williams moved on, Rafael Nadal came back and Marat Safin said goodbye.

Her left knee heavily wrapped, the third-seeded Williams defeated Bethanie Mattek-Sands 6-4, 6-2, in a less taxing match than she had two nights earlier when she fell behind a set before rallying against Vera Dushevina.

Nadal, whose knees kept him out of Wimbledon, returned to Grand Slam play with a 6-2, 6-2, 6-3 win over Richard Gasquet, while Safin, a former world No. 1, closed out his Grand Slam career, losing to Jurgen Melzer 1-6, 6-4, 6-3, 6-4.

In doubles play, Marie-Eve Pelletier of Repentigny, Que., and French partner Julie Coin won their first-round match 6-2, 6-4 over American Laura Granville and Vladimira Uhlirova of the Czech Republic

METRO NEWS SERVICES

Money buys success, soccer analysis shows

Twelve of the 20 soccer clubs that spent the most money on players in Europe's five biggest leagues went on to win the title over the last four years, and 90 per cent of the top-spending clubs in those leagues have gone on to finish in the top three, according to research published yesterday.

The Castrol Performance Analysis predicts that Real Madrid may be right in thinking it can loosen Barcelona's grip on the Spanish league title after spending 229 million pounds ($411.7) during the transfer window, far more than any other soccer team.

Manchester City also has grounds for optimism in its bid to win the league title for the first time in 42 years. The Sky Blues have invested 124 million pounds ($222.9 million) in new players, making the club the Premier League's biggest spenders this summer.

"This level of expenditure should be enough to break open the closed shop at the head of the table where Manchester United, Liverpool, Chelsea and Arsenal have filled the top four places for the last four years," the analysis said.

THE ASSOCIATED PRESS

The cost of staying up

- Newly promoted clubs that managed to survive their first season in the Premier League spent an average of 24 million pounds ($43.2 million) on players. That's nine million pounds ($16.2 million) more than the average, and 15 million pounds ($27 million) more than clubs that were immediately relegated.

Sports in brief

BOLT Usain Bolt may well go for four gold medals at the 2012 Olympics in London — but it won't be his decision. "I always leave the decisions up to my coach," Bolt said, when asked about the possibility of chasing four golds. Speaking ahead of Friday's Van Damme Memorial athletics meet, Bolt said that if it were up to him, he would favour adding the long jump to the 100, 100-relay and 200-metre sprint.

METRO NEWS SERVICES

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Coyotes sign Pyatt
The Phoenix Coyotes have signed left-winger Taylor Pyatt to a one-year contract. THE ASSOCIATED PRESS

Smith retiring

Veteran blue-liner leaves Sens after one year

In more than 1,000 regular-season NHL games, Jason Smith only collected 41 goals.

But the rugged Ottawa Senators defenceman, who announced his retirement yesterday, proved his worth in other ways.

"Whether we ever got anything out of him offensively or not didn't matter," Senators general manager Brian Murray said at a news conference. "What I liked about Jason was his leadership and the grit he provided around the net."

In 1,008 career games with New Jersey, Toronto, Edmonton, Philadelphia and Ottawa, the 35-year-old Smith recorded 41 goals and 128 assists with 1,099 penalty minutes. He also appeared in 68 playoff games, recording 11 points.

An Oilers captain for five seasons, Smith was brought in by the Sens last year to offer leadership and mentor some of Ottawa's young defenceman.

But he wasn't able to finish the season due to injury, recording just one goal in 63 games.

Smith said he spent a long time thinking about his future.

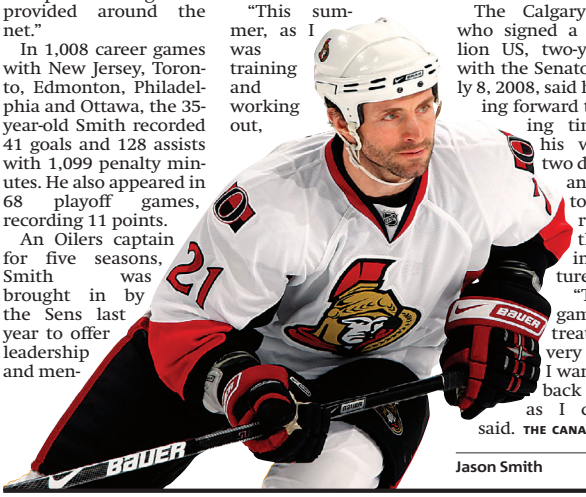
"This summer, as I was training and working out, I just didn't feel it," Smith said. "It's just time to take on something new. I thought about it quite a while. It's not like I flipped a coin and made a decision. It's time to move on."

The Calgary native, who signed a $5.2-million US, two-year deal with the Senators on July 8, 2008, said he's looking forward to spending time with his wife and two daughters and hopes to have a role in the game in the future.

"The game's treated me very well and I want to give back as much as I can," he said. THE CANADIAN PRESS

Payroll relief

- Jason Smith's decision to retire will help the Senators bottom line as his $2.6-million salary won't count against the salary cap. This leaves GM Brian Murray with a little breathing room. Ottawa had been about $1.3 million over the cap.



Jason Smith

Caddies play key role at Women's Open

GOLF Anyone looking to handicap the field at the CN Canadian Women's Open isn't likely to consider the names Patrick Tarrant, John Killeen, Greg Johnston or Colin Cann.

But it would be a mistake to overlook the role that caddies will play in the success of the top golfers this week.

Michelle Wie (Tarrant), Cristie Kerr (Killeen), Lorena Ochoa (Johnston) and Paula Creamer (Cann) all expect to lean heavily on the men who will carry their bags around hilly Priddis Greens Golf and Country Club in Priddis, Atla. The caddies will each be called on to help with club selection — a trickier task than normal because the course sits roughly 1,150 metres above sea level and the ball travels further at altitude.

"My caddie ... (is) pretty good at judging," Kerr said yesterday. "You definitely utilize him more. But I work great with my caddie John Killeen every week and we just try and keep it simple because a lot of things change. Temperature makes the ball go further and (so does) altitude.

"If it's colder, it doesn't go quite as far, so you just try and kind go to the yardage for the pin, try and figure out what that's playing — our best guesstimate — and we go from there." THE CANADIAN PRESS

Back at Priddis

- The tournament is returning to Priddis Greens for the first time since 1999, when Karrie Webb beat Laura Davies by two shots to capture her first career major. While the event has since lost its major status, it does boast one of the best fields of the season with the top-50 golfers on the tour's money list.

Sports in brief

PACMAN The Winnipeg Blue Bombers won't be signing Adam (Pacman) Jones after all. The team announced yesterday it has ended its pursuit of the controversial ex-NFL cornerback, one day after a source told The Canadian Press that Jones had agreed to join the Bombers.

SOCCER Defender Sergio Jauregui has been banned for a year by a Bolivian soccer league tribunal for kicking Oriente Petrolero player Leonardo Medina in the face in a match Aug. 23. The ban went into effect yesterday and cannot be appealed.

BOONE'S RETURN Aaron Boone returned to the field for a major league baseball game yesterday, a little more than five months after undergoing open heart surgery. Boone was in the starting lineup for the Houston Astros in a game against the Chicago Cubs at Wrigley Field. METRO NEWS SERVICES

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Metro Homes

Green-rolling

Dynamic paint products has released a line of eco-friendly painting tools including the Enviro-Roller — which they call the world's first green roller. Enviro-Paintware products are available at major and independent retailers of hardware, paint, and decorating items.
METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Ikat and leopard prints were seen all over the fashion runways this year, so why not use them to dress your home too? Global Ikat pillow, $29, and Kenya pillow, $29. Both West Elm, westelm.com.

Homes in **Style**

Inspiration out of Africa

EMMA YARDLEY
for Metro Canada

Pierre-Emile Legrain, one of the founders of the Parisian Art Deco movement in the early 20th century, made it his mission to integrate African arts into Western decor. His work popularized the African-influenced motifs found in interiors today.

"Ritual and utilitarian objects from Africa, which were previously considered curiosities, became sources of inspiration," says Dr. Silvia Forni, an assistant curator at the Royal Ontario Museum and expert in African culture.

"Since then, many western furniture and fashion designers have found inspiration in African forms and materials in the creation of new and fascinating lines."

African-inspired animal prints and materials provide a neutral colour palette that seamlessly blends with your other furnishings.

Metro's Pick: The Queen Mother dark wood stool accomplishes the triumvirate of class, substance and style.

The combination of curlicue armrests and worn leather is a great example of using raw materials in classic furniture. Cotswold Sofa, $5,298, Anthropologie, anthropologie.com.

The woven grass and curved rattan wood used to make this 1960s-inspired Tunis chair are both natural materials found throughout the African continent. Anthropologie, $948, anthropologie.com.

When it feels as hot as the Serengeti, flick on this hand-woven wicker Hunter ceiling fan to help cool you down. The Home Depot, $269, homedepot.ca.

Rugged, raw and more than little cool, this cowhide rug captured the feel of rustic agrarian lifestyle. $443, West Elm, westelm.com.

Artisans in Africa make these Queen Mother dark wood stools by hand; the sale of this fair trade product provides these artists with a living wage and good working conditions. ROM Museum Store, $299.97, rom.on.ca.

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Back To School

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

If the shoes fit...

This style of boys and girls athletic and skate shoes range in price from $15-$20 a pair at Walmart, walmart.ca.

LEYLA EMORY
for Metro Canada

Going back to school may be a pain, but new shoes are always a pleasure.

"Back to school marks a time for new footwear," says Joe Houlihan, head of shoes for Walmart Canada. And this year it's about getting "back to basics, with traditional styles being the real winners," according to Katherine Chapman, chairman of Olly Shoes.

The Payless Smartfit Tod Cute Boot, far left, is $29.99, while the Payless Smartfit Pom Pom fur boot is $39.99. Go to canada.payless.com or phone 1-877-474-6379 for more. The ballerina flats, above, are $19 a pair at Walmart, walmart.ca.

Rich purples are a hit this fall, as seen in Ecco's Summerday purple shoe, ($120 at eccocanada.com), left, and UMI's Fauna shoe ($64.95-$69.95 at Olly Shoes, ollyshoes.com), right.

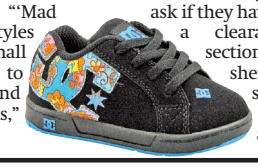
For girls, think fashion boots and ballerina flats. "Rich purples and pinks are a constant favourite," says Chapman.

For boys, it's all about the athletic look. "The DC brand skater shoe has been a big hit in lace-up styles, which offer greater support for activity," she adds.

But graphic canvas sneakers are the universal "it" item for this year's schoolyard catwalk, according to Mardi Larson, spokesperson for Payless Shoes. "What better way to show personal style than by sporting the latest in wearable art? Another big trend this season is tattoo-inspired appliqués, frayed edging, colour blocking patterns edgier details than ever before."

Plaid is also making a comeback.

Walmart's "'Mad about plaid' styles range from small feminine plaids to tartan, tweed and Buffalo checks," says Houlihan.



And affordability never goes out of style. The average Canadian will be spending about $80 on shoes, according to Walmart.

The object is to make that go as far as possible. Payless is offering its signature Bogo sale — buy one, get the second for half-price, while Walmart's shoe assortment starts at $8 — part of its Top 10 Back to School Items for Under $10 promotion.

Chapman recommends doing your homework. "To save money, ask if they have a clearance section," she says. "These are always the same quality products that the store carries, but likely from last season so they will be clearing them out at greatly reduced prices.

"Ask if they have a membership program that ties in to discounts for products purchased. Also many stores will email their members with sale notifications, be sure to get on their list," Chapman says.

The Payless Airwalk Rave Skate is $27.99. Go to canada.payless .com or phone 1-877-474-6379 for more. The DC Court Graffik shoe, far left, is $44.95 at Olly Shoes, ollyshoes.com.

And when it comes to shoes, size matters. To get the most out a purchase, make sure the shoe fits.

"It's important to go to a store that understands how to properly fit your child," says Chapman. "It's fine to allow for some growing room, but not so much that it hinders the child while walking or running — which could lead to a fall."

Help your kids get off to a good start with this simple checklist

The first bell at school may still be a few days away, but educators agree that a smooth transition back into reading, writing, and arithmetic routines takes some thoughtful planning in advance by parents.

"One of the most accurate predictors of student success is not family income or social status, but the extent to which parents are involved in their children's education," says Dr. Donna McGhie-Richmond, educational specialist with Kumon Math and Reading Centres.

"Parent involvement in education is essential for many students, reinforcing the importance of learning."

To help your children get off to a good start this year, here is McGhie-Richmond's checklist:

• If your child is just beginning the school experience, discuss what can be expected on the first day such as learning class rules, catching up with friends, and making new ones. Show your child the route to school, and make a visit there before classes start.

• Get to know the teachers. Make them aware of out of the ordinary circumstances at home. Let teachers know you expect and appreciate progress information — both positive and negative.

• Set up a regular place at home for schoolwork. Make sure it is well-lit, clutter-free, with paper, pencils, pens, computer, and a dictionary and thesaurus.

• Involve your child in putting together a back-to-school "kit" of supplies that will be needed in the upcoming year. Ask the school for ideas if needed.

• Establish a regular study time for your child every day. Agree on a time and stick to it: even if homework has already been completed, use the study time for reading or reviewing the work. Mark off the time on a calendar.

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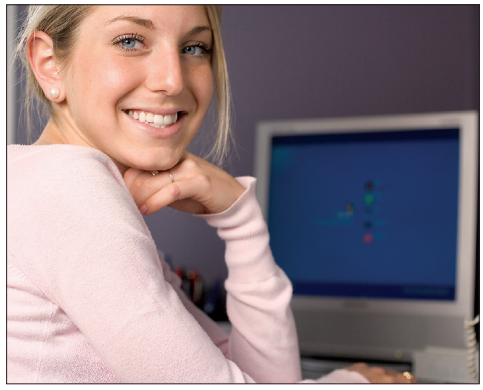
Students seeking financial help

With summer jobs in short supply, many university and college students now face the prospect of trying to get through the school year on less money or looking for other sources of cash.

So it may not be surprising that along with the spike in the jobless rate, there's been a corresponding rise in traffic to websites offering information on scholarships and bursaries.

At Studentawards.com, a free scholarship search service, the cumulative increase in registration was 15 per cent in July compared to last year, said Suzanne Tyson, president of Studentawards Inc., the company behind the website.

Parents' RRSPs and the education savings plans they set up for their children have probably taken a hit amid the economic turmoil of the last year, she noted.



Registration is up 15 per cent compared to last year at Studentawards.com, a free scholarship search service.

"(Parents) may be losing their jobs and their children aren't finding jobs; it is leading us to believe that this fall will be difficult financially for a number of students," she said.

The student unemployment rate was 20.9 per cent in July, according to Statistics Canada.

Matt Scriven is one of the lucky ones.

The 19-year-old was able to find work this summer, but says one of his friends in Vancouver handed out between 30 and 40 resumés and received one or two calls — and didn't get a job. Another friend in Ottawa handed out 20 or 30 resumés, and got a job that gave him five to 10 hours a week — not really enough to help with his expenses in the coming school year, he said.

Scriven found his own eventual job as web designer for the Canadian Hard of Hearing Association through a listing at Studentopolis.ca — the student jobs website he founded.

The Carleton University student started developing his website after speaking with a friend who said he wasn't able to find an easy source to access student job listings online.

"A lot of adult workers were laid off their other jobs and now people will do pretty much any job to try and supplement their income because they've got families and such, so a lot of students are displaced from positions that they would otherwise have," Scriven said.

Bursaries and scholarships could potentially help to ease the blow to their bank balances.

Chris Wilkins, president and CEO of EDge Interactive, the company behind ScholarshipsCanada.com, said there has been a 10 per cent increase in web traffic to the site. Registrations and page views are also up.

Both Tyson and Wilkins said there hasn't been any sign of decreases in the number of financial awards being posted.

In fact, Wilkins said the company has been working with a few individuals new to the scholarship business who have money available and want to help specific groups of students pursuing business-related programs.

"The great thing about scholarships is that it's full of niche awards," he said. "There are a lot of high-profile awards, but there are many more niche awards, and those niche awards sometimes can make a big difference, especially if you get two or three of them."

THE CANADIAN PRESS

Study tips

Here are some tips from the experts at Sylvan Learning to help students make the most of their school year:

- **Get organized.** Organization is essential to making your academic year a success. To ensure you stay on top of the requirements for each subject, use separate labelled notebooks for each class; create files for each subject; and use a planner or calendar to keep track of important deadlines.
- **Create a designated area for homework.** Set up an area in your home for studying and homework that is free from potential distractions. Keep a dictionary, pens, paper, textbooks and study tools stored here.
- **Ask for help.** If you feel like you're struggling with a particular subject, don't wait to ask for help.
- **Take good notes.** Listen carefully and briefly summarize main ideas, rather than writing down what the teacher says word for word. This will help make studying easier. METRO NEWS SERVICES

Kids' fashion a blast from the past

NOELLE MUNARETTO
for Metro Canada

Before the classroom bells toll this month, parents will be scouring the stores in search of the latest back-to-school gear.

Fashion experts reveal certain styles will reign supreme in the schoolyard, and offer their tips for putting together your child's updated wardrobe.

"Kids often get really excited about what they are going to wear for the first day back at school, so it's a key time to have all of the latest trends available," said Karen Richter, H&M Canada's showroom manager.

The rock 'n' roll look is in this season, so why not try this graphic T-shirt and plaid skirt ensemble? Both are available at the Bay.

For those just starting to pick out pieces, Richter said it's important to keep layering in mind.

"This way kids stay warm, but can also easily shed pieces once inside," she said.

Prior to venturing into the malls, take stock of what your kids have and create a shopping list.

Suzanne Timmins, fashion director for the Hudson's Bay Company, said there are certain back-to-school must-haves for boys and girls.

"It's all that Rock Band style, punk rock, and grunge mixed with jeans that are slimmer and slimmer," said Timmins of boys' trends. "It's Jonas Brothers style. Very rock 'n' rolla."

That means graphic-printed tees, grey-black skinny jeans, the modern plaid shirt, 1980s-influenced colours, and high-top sneakers are all on the top of the list for guys.

This leather jacket is available at H&M (hm.com).

For girls, Timmins said the 1980s trends continue.

"Key for all girl age groups are leggings," said Timmins. "They can be layered under skirts and T-shirts."

Also popular for girls are skinny jeans in juicy-toned bright colours, long cardigans, hoodies, and preppy accessories like ribbon headbands.

Even today's fashion-conscious tweens are taking back-to-school style cues from upper years.

"Tweens often like to dress more like their older siblings, so customers will find that many styles from our adult department have trickled down into the kids department," said Richter. "Leather motorcycle jackets, distressed denim and graphic rock tees have been quite popular."

High-top canvas sneakers, $17.50 each at Old Navy (oldnavy.ca).

Frances Gunn, an assistant professor at Ryerson University's Ted Rogers School of Retail Management, said that in this year's economy, parents are more likely to spend conservatively when it comes to back-to-school shopping.

On the upside, she said parents looking to stay on a back-to-school budget will notice retailers giving them a break.

"You'll probably be looking later in the season for the best deals," she said.

ON HER: Short-sleeve cardigan, $16.99; floral print shirt, $14.99; long sleeve T-shirt, $12.99; boyfriend jeans, $24.99; designer tattoo print sneakers, $44.99; and reversible polka dot scarf, $24.99.
ON HIM: Buffalo plaid fleece-lined hoodie, $69.99; graphic T-shirt, $19.99; grey jean with contrast stitching, $79.99; and leather skate shoes, $69.99. All at Winners.

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Jewellery with personality

Canadian jewellery designers Maja and Michael Bremer of MYKA Designs recently launched their latest creations, the MOSAIC Collection. It includes statement pieces as well as finer intricate designs. Visit mykadesigns.com. METRO NEWS SERVICES

Style

Totes benefit AIDS

Tote bags are no longer just for the environmentally-conscious, Aldo has partnered with YouthAIDS to launched three new collectible bags with 100 per cent of sales benefiting the cause. Part of the ALDO Fights AIDS campaign, these limited edition reusable totes ($10 each) will support AIDS education and prevention programs in South Africa. The "Getting Lost" bag (far left) hits stores Sept. 1; "In The City" (middle) on Oct. 1; and "Jukebox" (right) on Nov. 1. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Just a minute with: Tim Gunn of Project Runway

Tim Gunn, fashion guru and urbane mentor to the budding designers on TV's Project Runway, was forced to swap his impeccable tailored look for something more casual when the fashion reality show moved from New York to laid-back Los Angeles this season.

Gunn, 56, the polite voice of reason and constructive advice for the competing designers, talked to Reuters about the return of the show — and how free-wheeling LA changed some of his own ideas.

Q How did you feel about the show's move from New York to Los Angeles and the city's very different approach to fashion?

A Los Angeles is a more casual place. Executives dress more casually. Having lunch at the Four Seasons Hotel, you see studio executives wearing a suit and an open shirt but no tie. I would go to the workroom with the designers every day at the beginning wearing a suit. But finally I thought, I've got to get with it. There is an episode (where) you'll find me in flip flops.

Q How much input do you get in decisions the judges make about who wins aProject Runway challenge and who goes home?

Tim Gunn

A None. I know nothing about who wins and who loses until I hear it coming out of Heidi's mouth. It can be very frustrating for me because I am an advocate for the designers. What confounds me is some of the things the designers say to the judges. And during their deliberations, how off the mark the judges can occasionally be about a certain designer's work.

Q Are we going to see more of your other TV venture Tim Gunn's Guide to Style?

A We're talking about a way of repackaging and re-pitching it to Lifetime Television. It is a sincere honor for me to work with these fashion-challenged women who declare they need help. They do the heavy lifting and they are the ones who have the epiphany about who they can be, as opposed to a make-over show when an individual becomes my dress-up doll. REUTERS

The white rules

White clothes after Labour Day are OK but there are stipulations

It's an old-school rule that you shouldn't wear white after Labour Day, but even the newfound fashion freedom to wear light colours in cooler weather comes with some strings attached.

When summer really is turning into fall, it's time to re-evaluate the fabrics in your closet. Linen should get packed away first — and it doesn't really matter what colour it is, says designer Shoshanna Gruss.

"You wouldn't wear a strapless sundress if it were white linen or black linen in the fall," she says. "Summer clothes are summer clothes, but, colourwise, it's more interesting and fun to play with your wardrobe and not leave any colour out."

Her quick replacement for that cocktail-party sundress would be a brocade, which she says would look stunning in a creamy white and probably complement most skin tones in the process. Indian summer and early fall is when many people look their best with just a hint of a golden glow, and a rich white will show that off, Gruss says.

Considering the Little Black Dress is so famous — and so popular — the woman who wears the Little Winter White Dress has the chance to be the first one noticed in a crowded room, adds Kelly Golden, owner of the upscale store Neopolitan in Winnetka, Ill. "The right shade of winter white is flattering on everyone. It looks rich," she says.

"There are ways to wear white after Labour Day and not stick out like a sore thumb."
Stefani Greenfield, owner of Scoop and designer

When it comes to pants, Gruss will be switching to winter-white wool, probably paired with a jewel-tone sweater, or, even better, a chocolate-brown top.

Don't put away white denim, though, says Suze Yalof Schwartz, executive fashion editor-at-large at Glamour. Nothing is more chic than white jeans in the wintertime with a chunky cosy sweater or a blazer and leather boots, she says. That will look "very Michael Kors."

Stefani Greenfield, the owner of Scoop boutiques and designer of the Curations collection for HSN, makes the case for a Jackie Onassis-inspired outfit: a black turtleneck with those white jeans, animal-print ballet flats and either a cuff bracelet or pendant necklace.

A shot of white, maybe a turtleneck under a sweater or a white shirt under a cardigan, can also have a slimming effect in the way a black vertical stripe does on a bathing suit. Mixing a few tones of white in the same outfit can be very cool, adds Patrick Robinson, creative director at Gap.

Yalof Schwartz likes a white sweater dress worn with dark opaque tights. White legwear is almost always a no-no, however.

Greenfield prefers the purity of white, so she recommends staying away from prints and wearing it instead with tonal solid-colour pieces, especially camel and oatmeal. To her, navy-and-white combinations scream "spring."

As long as you can keep it clean, white outerwear is a way to make a striking and stylish statement, says Greenfield, who has both a white down vest and white ski jacket — which she alternates as her cold-day "uniform." "There are ways to wear white after Labour Day and not stick out like a sore thumb."

THE ASSOCIATED PRESS

PHOTO COURTESY OF SHOSHANNA LONSTEIN

Right: A strapless tulip dress from Shoshanna Lonstein's fall 2009 collection. The designer likes the idea of playing with colour all year round.

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4 Common fashion dilemmas answered

1. At what age should a woman cut her hair short? "It depends on the individual, the type of hair, whether it changes with age, her career and lifestyle. The length of hair is not dictated by age. That's so old school." — Ivan Gibski, hairstylist and director of Flaunt Boutique.

2. When is a girl old enough to wear makeup? "Whenever she is comfortable and expresses an interest. My daughter and her friends in high school experiment mostly with a little lipgloss, eyeliner and concealer when they get breakouts." — Susie Sheffman, fashion director of Fashion magazine.

3. When should I adopt a trend? "Before the curve. If you see it on anyone from The Hills or Britney Spears or featured in InStyle or any of those tabloids, forget it. It's so done. Unless of course, it's on Rihanna or Gwen Stefani, who are always ahead of the pack." — Georgia Groom, wardrobe stylist.

4. When should a man buy his first good suit? "Men shouldn't wait until there's an occasion like a wedding or a prom. They should have one in their closet. The day they decide they want to make a good impression is the day they should buy a good suit." — Melissa Austria, owner of Gotstyle menswear boutique.

TORSTAR NEWS SERVICE

Fashion Week

• Beginning next week, Metro Canada will bring you exclusive coverage from fashion weeks in New York, London, Milan and Paris, along with the latest in Canadian fashion. The series starts on Sept. 10 with New York and continues weekly with London (Sept. 17), Milan (Sept. 24), Paris (Oct. 1), and Toronto (Oct. 15).

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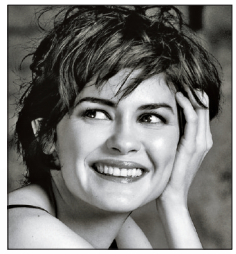
Discovering young Coco

Audrey Tautou plays Chanel before the designer was a legend

By MANON CHEVALIER
Contributing Writer

The last time we interviewed Audrey Tautou, she told us that her "star had reached its zenith with Amélie." That was eight years ago, and the young French actress was still coming to terms with her new stature as an international starlet. "You can't imagine yourself a hurricane of glory when you're not responsible for that glory," she said. "Nothing prepares you for it." Unlike the optimistic pixie heroine who transformed her into a supernova success, Tautou describes herself as "profoundly pessimistic," adding that it's a burden to be associated with such an idealistic and kind character. "No one forgives you if you're not being the ubiquitous good fairy, available everywhere for everyone, spreading love and happiness," she said.



"In short, everyone wants you to perform miracles — like Amélie."

Tatou has starred in other films (Dirty Pretty Things, The Da Vinci Code), but it's her latest film — Coco Before Chanel — that will likely reignite another "hurricane" of frenzied attention. But, unlike Amélie, Tautou says that she and the legendary fashion designer share similar traits. "What links me to Coco is a certain strength of character," explains the 33-year-old actress. The film, which focuses on Gabrielle Chanel's early years before she achieved her iconic fashion status, is set to debut at this year's Toronto International Film Festival.

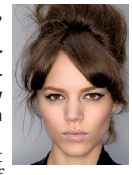
MODERN SCULPTURE

Softy chiselled cheeks make a comeback

EXPERT SHERI STROH, Toronto-based makeup artist ● Even out the skin tone with a matte foundation, and apply concealer where needed. ● Use an angled blush brush to apply a light to medium matte bronzer in the hollows of the cheeks. (Making a "fish face" will help you find the right spot.) Starting an inch or so away from the mouth and nose, softly blend under the cheekbone and up and out toward the ear. ● Press a light concealer onto hydrated lips or apply a nude lipstick for the same effect.

Editors' Pick

HIGH SEASON



Harry Josh, celebrity stylist for John Frieda, on how to wear an updo:
● Keep it relaxed. "If it's too polished, you just end up looking matronly," says Josh. ● If you wear your hair up often, Josh recommends getting bangs and layers around your face. Once your hair is up, pull out the layers to create a frame for the washing and brush through a flexible hairspray or dry shampoo beforehand.

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Cake creations
Ace of Cakes returns to Food Network with a new season tonight at 10 p.m. ET and 11 p.m. PT. When the hit series Lost needs a cake to celebrate their 100th episode, actor Jorge Garcia calls Duff at Charm City Cakes to commission a cake creation. METRO NEWS SERVICES

Food

Don't forget, if using wooden skewers, to soak them in water for 20 minutes prior to threading on meat or vegetables. This helps prevent the skewers from burning on the grill. 20 MINUTE SUPPER CLUB

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Apricots and nectarines

Summer fruit stars in these skewers and dessert dish

Getting ready to go back to school? Don't stress over finding cheap eats to get you through your next semester. Try the new Student Saver Guide on 20minutesupperclub.com. It's an easy way to stay healthy and keep within your food budget this year!

Take your one last chance to get out and grill while the weather is still warm with this week's sweet yet tart meal! Fire up and grill these delicious Chicken Skewers with Black Pepper Apricot Glaze. While those are cooking, whip up the cool crisp accompanying salad of fennel, radish and green beans drizzled with lemon. The combination of the sweet apricot glaze on the chicken and the fresh lemon tartness on the salad is a burst of flavour on your palate.

For a fresh finale, try these Baked Lime Nectarines in the oven or on the grill. Nothing says the end of summer like the taste of ripe peaches or nectarines baked with lime and honey and served up with vanilla ice cream. Can you say yum?

CARLO MENDOZA

Fire Roasted Chicken Skewers with Black Pepper Apricot Glaze

CARLO MENDOZA

Baked Lime Nectarines

Fire Roasted Chicken Skewers with Black Pepper Apricot Glaze

Recipe developed by Paula Bowman.

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 10 MINUTES

INGREDIENTS:
- 1/2 lb green beans, trimmed
- 1/4 cup apricot jam
- 3 tbsp cider vinegar
- 1/4 tsp freshly ground black pepper plus more for seasoning
- 1 garlic clove, minced
- 1 1/2 lbs skinless and boneless chicken breast, cut into 1-inch cubes
- 1 fennel bulb, quartered lengthwise, cored and thinly sliced, fronds reserved
- 6 small radishes, halved and thinly sliced into half-moons
- 2 tbsp extra virgin olive oil, plus more for oiling grill
- 1 lemon, zested and juiced

METHOD:

Preheat grill to medium-high.

Fill a large bowl of water with ice water and set aside. Bring a saucepan of salted water to a boil. Blanch green beans in boiling water until tender-crisp, about 4 minutes. Remove from boiling water and plunge in ice water until cooled. Drain and pat dry with paper towels. Cut into 2-inch lengths and set aside in large bowl.

Meanwhile, combine next 4 ingredients together in bowl. Stir until smooth and well blended and set aside.

Thread chicken pieces onto 8 metal or presoaked wooden skewers and season with salt and pepper. Lightly brush grill with olive oil, place chicken skewers on grill and cook for 2 minutes. Turn skewers over one quarter turn and baste cooked side with glaze. Continue to cook, basting and turning as needed until cooked through, about 8-9 minutes total. Remove from heat, cover chicken lightly with foil and assemble salad.

Add fennel and radishes to reserved green beans, drizzle with olive oil, lemon zest and juice and season with salt and pepper. Garnish with some of the reserved fennel fronds.

Serve salad divided between 4 plates with skewers of grilled chicken.

Baked Lime Nectarines

SERVES 6
PREP TIME: 5 MINUTES
COOKING TIME: 20 MINUTES

INGREDIENTS:
- 3 large nectarines
- 2 tablespoons honey
- 2 tablespoons lime juice

Optional:
- Vanilla Ice cream
- Grated semisweet baking chocolate

METHOD:

Preheat oven to 325°F

Cut nectarines in half around the center. Dig out pit with a spoon. Place cut side up on a baking sheet.

Drizzle the honey and lime juice over the nectarine edges and in the pit cavity.

Bake for 20-30 minutes depending on the ripeness of the nectarines. Remove from oven and place in individual serving bowls.

Let cool a few minutes. If desired, add a scoop of ice cream to each bowl and grate chocolate over top.

20 minute SUPPER CLUB

Tasty extras

- Exclusive contest for Metro readers! Visit 20minutesupperclub.com/metro and be entered to win a $50 President's Choice gift certificate to stock your cupboards with delicious PC products to create your favourite 20 Minute Supper Club recipes! For product information and store locations, visit PC.ca. A weekly winner will be drawn from now until the end of October.
- Still wondering what's for supper? Get more ideas by following us on Twitter at 20MSC and joining the official 20 Minute Supper Club Facebook fan page to receive daily recipes, food tips, fun facts, exclusive content and more.

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

One sweet sip

Some things in life are just too hard for me to understand. Things like: The CBC's decision that what's really missing from my afternoons are reruns of Ghost Whisperer, how Chris Brown can sleep at night and, closest to my heart, why so many people I meet complain that they can't finish a full bottle of wine in one sitting.

Jennifer Love Hewitt's acting and slap happy musicians aside, leave it to the innovative Aussies to solve the "too much wine" problem. Hardys has created a 250 millilitre bottle they call the shuttle that's made of plastic (yes, plastic) with a screw-off cap that — get this — has its own glass attached.

The **Stamp Series 2007 Chardonnay Semillon ($4.25 - $4.99)** is a soft, lightly tropical white with a rich, citrusy finish, while the **Stamp Series 2008 Shiraz Cabernet Sauvignon ($4.25 - $4.99)** is a bright, easy-drinking red with lots of dark cherry/berry fruit and a touch of spice.

Both are food-friendly and offer the same juice as their readily available 750 millilitre counterparts (in case you could use a second sip) and are perfect for picnics, camping or just to have around the house for when unexpected guests pop over.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

On the web

Global Peasant:
- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog. Visit metronews.ca/globalpeasant for a recipe for raw caesar salad dressing.

Finalists for top cookbook awards

SHORTLIST The finalists in the 2009 Canadian Culinary Book Awards were announced Tuesday by its sponsors, Cuisine Canada and the University of Guelph. The winners, along with the new Hall of Fame Culinary Book Award, will be presented Nov. 6, the opening day of the Royal Agricultural Winter Fair, in Toronto.

Shortlisted in the English Cookbook Category are:
- The Complete Canadian Living Baking Book: The Essentials of Home Baking by Elizabeth Baird (right)
- Fat: An Appreciation of a Misunderstood Ingredient, With Recipes by Jennifer McLagan
- Small Plates for Sharing by Laurie Stempfle, Editor

Shortlisted in the English Special Interest Category, books about food but not only cookbooks, are:

- Beyond the Great Wall: Recipes and Travels in the Other China by Jeffrey Alford and Naomi Duguid
- Bottomfeeder: How to Eat Ethically in a World of Vanishing Seafood by Taras Grescoe

THE CANADIAN PRESS

Editor's Note

- Starting next week, the Food section is moving to Tuesdays, bringing you great recipes and terrific food content earlier in the week.
- Starting next Thursday, Metro is launching Urban Foodie, a column that reviews Ottawa's best dining spots.

Lindsay leaves Hollywood home
Lindsay Lohan is leaving the rented Hollywood Hills home that was burgled last week. She was photographed clearing out of the property on Tuesday and a removal firm showed up to take away her valuables. **FEMALEFIRST.CO.UK**

Entertainment

Jackson tribute
La Toya Jackson has decided to release the first single off her new album as a tribute to Michael Jackson. Proceeds from Home will go to one of Michael's AIDS charities. **POPEATER.COM**

EDITOR: DEAN.LISK@METRONEWS.CA

Whitney Houston is back

Singer launches comeback bid with new album I Look To You

SONY MUSIC PHOTO

I Look To You is the first album from Whitney Houston in more than seven years.

Whitney Houston

Album: I Look To You
Label: Arista
Rating: ⊕⊕⊕

WHITNEY HOUSTON FANS look to the singer primarily for her voice, that penetrating cry that can transform a Dolly Parton song into a power ballad that could shatter whole buildings and Billboard charts alike. So those same fans will be disappointed to hear that those days are over, in the form of Houston's comeback album. The singer will never be the vocal powerhouse she used to be. That said, with an all-star roster of writers and producers on board (Danja, R. Kelly, Swizz Beats, Alicia Keys, Akon, David Foster etc.), I Look To You is guaranteed to succeed. And with a few bangers, like the empowerment-funk of Million Dollar Bill, the sensitive title track and the club-sleek Nothin' But Love, Whitney does the best with what she's got.

Jason Richards/for Metro Canada

Pitbull

Album: Rebelution
Label: J Records
Rating: ⊕⊕

DESPITE THE TITLE, there's nothing rebellious or revolutionary about Pitbull's fourth record. It's a far cry from the rapper's sophomore album, El Mariel, which was filled with political messages about being a Cuban growing up in Miami. These days the hip-hop star sings mostly derogatory songs about sex and girls. While most of the songs are slick club numbers — his hit single I Know You Want Me has been playing in bars for weeks — the album's lyrics are offensive and humourless. There's no doubt this music will make you move, just be prepared to feel ashamed when you're done.

Bryan Borzykowski/for Metro Cana-

MusicReviews

music@metronews.ca

Terri Clark

Album: The Long Way Home
Label: EMI
Rating: ⊕⊕⊕

da **"MY MOMMA WAS** a hippy and my daddy was a rolling stone." It's the sort of rock 'n' roll cliché that seems to have taken over Nashville in recent years. And here it is, the key line of Gypsy Boots, the opening track of Terri Clark's long-awaited new CD, The Long Way Home. Yet, Clark manages to make it sound believable and real. It's been four years since the Canadian country star has released an album of new songs and The Long Way Home will be sure to please her fans with a strong mix of chart-finding rockers (What Happens in Vegas), love-torn ballads (her You Tell Me duet with Johnny Reid) and girl-power anthems (Poor Girls Dream: "she just wants some extra pork in her beans"). Sometimes it's just too hard to resist a cliché.

Graham Rockingham/for Metro Canada

Amelia Curran

Album: Hunter, Hunter
Label: Six Shooter Records
Rating: ⊕⊕⊕⊕

AMELIA CURRAN IS a singer-songwriter from St. John's, N.L., whose songs come from cobwebbed cabins lit by kerosene lamps. Curran's pleading voice performs with a bare-bones purity that steps with stealth into the darker corners of our nature. The things she finds aren't always the things we want to hear, but they are real. Her songs explore inner-turmoil and bleeding hearts, even dare to face down self-loathing itself. "We keep our demons on the burner and our morals on the shelf," she sings in The Mistress. The opening track, Bye Bye Montreal, bids adieu to the artistic home of Leonard Cohen. Through songwriters like Curran, we know his legacy will continue.

Graham Rockingham/for Metro Canada

Juliette Lewis

Album: Terra Incognita
Label: The End
Rating: ⊕⊕⊕

AFTER FOUR ALBUMS, Lewis is finally a bona fide musician. The actress has said this is the first time she's focused on songwriting and it shows. Terra Incognita is smooth, focused and easily her most thoughtful album to date. She covers a lot of ground — Ghosts is an atmospheric Janis Joplin-like track; Fantasy Bar is a raucous tune with a soaring chorus; on Suicide Dive Bombers she sounds like Bowie.

Bryan Borzykowski/for Metro Cana-

The Apples In Stereo

Album: #1 Hits Explosion
Label: Yep Roc
Rating: ⊕⊕⊕⊕

da **THE LATE '90S** weren't a complete musical wasteland. You just had to dig a bit harder to find the good stuff. Those digging hard enough would have landed on the Elephant 6 indie collective that produced a nerdy little Denver band called The Apples In Stereo. #1 Hits Explosion offers up 16 of the band's best from its 13-year, eight-album history. A great introduction for newcomers and a concise compilation for fans.

†NO PURCHASE NECESSARY. Contest ends Nov. 8, 2009. For rules, details & entry, visit www.oneforme.ca or www.oneforyou.ca. Must be Canadian resident age of majority. 1 Grand Prize of $100K + a matching cash donation to a charity of your choice‡. 203 Instant Win Prizes with ARV's from $35 to $1,000 + a matching cash donation to a charity in the contest rules. Odds of winning any prize depend on no. of eligible entries. Odds of winning an Instant Win Prize also depends on time & date of entry. Skill-testing question required. ‡Charity of choice is a list of registered charities pre-selected by contest sponsor in the following categories: Local/Community, Global, Environment & Health. See full contest rules for further details. *Trademark of or used under license by Cadbury Adams Canada Inc

Boy George unchained

Boy George has had an ankle bracelet allowing police to monitor his whereabouts removed. The singer had to wear the device at all times as a condition of his early release from jail for his assault and false imprisonment of a male escort in 2007. FEMALEFIRST.CO.UK

Entertainment in brief

SERIES AMC's 1960s Madison Avenue drama, Mad Men, will return for a fourth season. The TV series debuted as a low-rated, critical darling but has seen its audience grow at the start of its third season. Mad Men attracted an audience of 2.8 million for the Aug. 16 season premiere. THE ASSOCIATED PRESS

RECOMMENDED BY METRO READERS

Top 5 Photographers

Studio Four 30
"This is an awesome photo studio, with hair make up, and models at your disposal."

Jon Thorpe
"He did an excellent job, despite challenging shooting conditions."

Brittany Veinot
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Laura Berg
"Laura Berg has incredible talent and is always available for weddings, real estate, family and corporate photos as well as for fashion portfolios."

Unposed Photography
"Robin made my son and his friends look great – relaxed and natural."

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New heads of Family

Veterans of animated comedy named showrunners

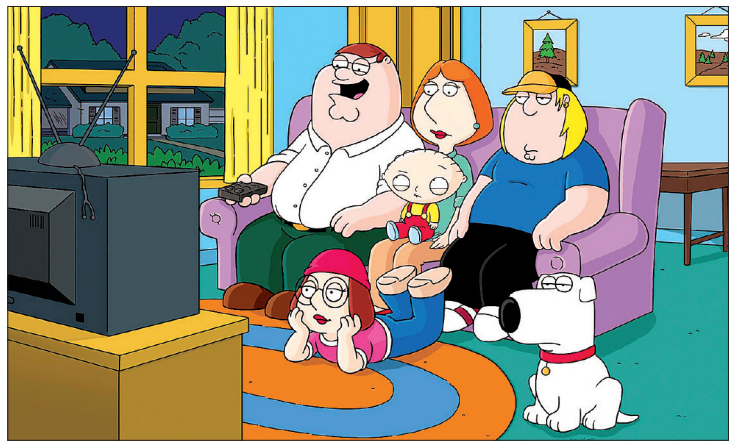
There's been a change at the helm of Fox's top animated comedy, Family Guy.

Series veterans Steve Callaghan and Mark Hentemann have signed separate three-year deals with the show's producer, 20th Century Fox TV. Under the lucrative seven-figure pacts, the two have been promoted to executive producers and named showrunners.

Former showrunners David Goodman and Chris Sheridan will remain on the show as executive producers alongside Callaghan, Hentemann, creator Seth MacFarlane and Danny Smith.

In divvying up responsibilities, Callaghan will focus more on running the writers' room while Hentemann shepherds production.

In addition to running Family Guy under MacFarlane, Callaghan and Hentemann, who are not a writing team, each will develop new projects for the studio.



Fox's animated comedy series Family Guy now has two more executive producers.

Both Callaghan and Hentemann have been on the Fox show through both of its incarnations — during its original run, cut short by a cancellation, and its current revival.

Callaghan was hired on Day 1 as the first writers' assistant before being promoted to writer when the show first was renewed. Hentemann joined Guy in the second season as executive story editor.

Gary Newman, chairman of 20th TV, said the idea for elevating and pairing Callaghan and Hentemann came from MacFarlane.

Because of the lengthy production cycle for animated series, Callaghan and Hentemann are now overseeing the show's next season. It will open with an hourlong whodunit episode in which, in Agatha Christie fashion, a variety of regular and ancillary Family Guy characters will be locked up together trying to solve murders. REUTERS

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/6/09 primetime	265	353	2	TVO	Megastructures		The Agenda With Steve Paikin		Little Dorrit		Masterworks "Annigoni: Portrait of an Artist"		
	211	331	3	GTV	ET Canada	Entertainment	Big Brother 11		The Office	The Office	90210		News
	-	-	5	SRC	Des squelettes	Gars fille	Tout le monde en parlait (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Ontario
	209	342	6	CHRO	The Road to Avonlea		Grey's Anatomy		Fringe (HDTV)		(10:02) Private Practice		Comedy Now
	196	311	7	CTV	etalk	Hollywood	CSI: NY "Wasted"		CSI: Crime Scene Invstgtn.		(10:01) The Mentalist		CTV News
	208	303	8	CBC	Wheel-Fortune	Jeopardy!	The Nature of Things		This Beat Goes On (N)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy!	30 Rock	Parks-Recreat	The Office	30 Rock	Law & Order (HDTV)		News
	117	713	10	TVA	Dépenses xtr	Marché	Dr. House (HDTV) (SC)		Mollie (HDTV) (SC)		TVA 22 heures	Sucré-salé	*Messiah II*
	-	-	11	QS	Taxi payant	Rire et délire	Fringe "Pilot" (SC)		Bob Gratton	South Park	Le Mur (SC)	L'Attaque à 5	
	137	763	12	TFO	Panorama été	Météo	Rebut global	Villages	*Les Misérables* (Partie 1 de 2)			Folie-aventure	Météo
	-	362	13	CBS	(6:30) NFL Preseason Football Detroit Lions at Buffalo Bills. (Live)					Big Brother 11		CSI: Crime Scene Invstgtn.	
	216	395	14	OMN2	Raymond	According-Jim	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	TBA
	214	344	15	CITY	Law & Order: SVU		30 Rock	Parks-Recreat	Scrubs	30 Rock	Law & Order: UK (N)		News
	115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere II	Omni News:	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	*She's All That* ★★ (1999, Romance-Comedy), Matthew Lillard				*Rocky IV* ★★ (1985, Drama) Sylvester Stallone, Talia Shire.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	Grey's Anatomy		Grey's Anatomy		(10:02) Private Practice		News
	512	396	24	CPAC	Tête-à-tête	Beyond Poli	L'Heure politique		Dossier public				Heure polit.
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Bones (HDTV PA)		Fringe (HDTV)		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Adirondack	Rare Visions	Time Goes By	Poirot		Poldark		Charlie Rose
	205	312	104	CTV	Hollywood	etalk	CSI: NY "Wasted"		CSI: Crime Scene Invstgtn.		(10:01) The Mentalist		CTV News
news	502	390	26	NW	CBC News	Marketplace	CBC News: Tonight (N)		CBC News: The National		The Nature of Things		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	MLB Baseball New York Yankees at Toronto Blue Jays. From Rogers Centre in Toronto.						Sportsnet Con.	Sportsnet Con.	Sportsnet Con.
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	Tennis U.S. Open, Men's & Women's Second Round. From the USTA National Tennis Center in Flushing, N.Y.								SportsCentre
	410	403	52	SCR	College Football South Carolina at North Carolina State. (Live)						College Football Oregon at Boise State. (Live)		
	411	457	56	OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
	417	406	59	SC	Pimp My Ride	Pass Time	Pinks – All Out (HDTV)		Jacked!	Jacked!	Wrecked (N)	Wrecked	Pimp My Ride
family	554	544	48	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN "2-4-1"	Futurama		*Beavis and Butt-head Do America* ★★ (1996, Comedy)		
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Drake & Josh	Family Biz	The Penguins	Malcolm-Mid.	In Real Life "Pilots"		Falcon Beach		Mystery Hnt.
cable variety	570	580	29	MM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	Storytellers Jay-Z.		The Daily Fix
	615	520	31	A&E	Criminal Minds (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Crime 360 (N)
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		UFC Unleashed (HDTV)		TNA Wrestling (HDTV) (N)				Surv. Disaster
	521	560	34	TLC	LA Ink (HDTV)		Police Women of Broward		Police Women of Broward		LA Ink (HDTV) (N)		Police Women
	145	761	35	TV5	Comme chez	Hep! Taxi	Club social		Planète en question			Cité guide	Journal TV5
	616	521	39	SHO	The Outer Limits		Da Vinci's City Hall		The Best Years (DVS)		Bones		NCIS
	620	523	40	BVO	Storytellers	Camera	Museum Maestros		*Crossing* ★★ (2005, Suspense), Crystal Buble			Bravonews	Law & Order
	520	505	42	DIS	Daily Planet (N)		MythBusters Automotive fables.				MythBusters		Daily Planet
	575	583	43	CMT	Karaoke Star "Saskatoon" (N)		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Karaoke Star
	601	562	45	SLC	Skin Deep	Til Debt-Part	Last 10	Last 10	Last 10	Last 10	Bulging Brides	Bulging Brides	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	22 Minutes	Comedy Now	The Simpsons	South Park	Comedy Now (DVS)		White-Tater
	294	529	47	TBS	Family Guy	Family Guy	Friends	Friends	*Anaconda* ★ (1997, Suspense) Jennifer Lopez, Ice Cube.				Seinfeld
	600	564	49	H&G	House Hunters	Property Virgin	Handyman Superstar		Disaster DIY	Big Amazing	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Circuit E3	Comic Con	Star Trek: Voyager		*Crimson Force* (2005, Science Fiction) (DVS)				Stargate SG-1
	581	566	53	MTV	Cribs	After	MTV News (N)	Fantasy Fact.	Fantasy Fact.	Beatdown	Nitro Circus (N)	Pranked	MTV Live
	618	524	54	TROP	Seinfeld	Seinfeld	The Outer Limits		ET Canada	TV Made, Do It	Family Guy	Seinfeld	Seinfeld
	522	506	55	HIS	Ice Road Truckers		Ancient Discoveries		Underworld Histories		Life After People (N)		Blow Down
	129	773	60	CD	Biographies (HDTV)		Dossiers justice		Réscapes de la justice		Un tueur si proche (HDTV)		Vidéo
	261	394	61	V	Murder, She Wrote		Wait for God	'Allo, 'Allo!	*The Seven Year Itch* ★★★ (1955, Comedy) Marilyn Monroe, Tom Ewell.				
	602	567	62	W	Old Christine	Friends	Friends	Grocery Bag	Confidential	Confidential	Divine Design	Divine Design	Love It-List It
	269	350	70	APTN	Warriors: TKO	Wapos Bay	By the Rapids	renegadepress	*Sweet November* ★ (2001, Romance) Keanu Reeves, Charlize Theron.				
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk	Relative Madness		Tonight Show-Conan O'Brien		TMZ
	603	561	95	FN	Ricardo	Road Grill	Restaurant Makeover		Perfection	Perfection	Ace of Cakes		Family

critics' corner

Crimson Force
Earth is running out of energy, but a possible source of more has been detected on Mars. The astronauts dispatched to find it discover something nobody was expecting: an alien civilization that's in the midst of a civil war. And the Earthlings' spacecraft has crashed, so they're stuck there. Tony Amendola ("Stargate SG-1"), C. Thomas Howell and David Chokachi ("Baywatch") star in this 2005 sci-fi tale. 9 PM on 50 SPC

The Seven Year Itch
Billy Wilder directed and co-wrote this adaptation of George Axelrod's Broadway smash about a Manhattan husband (Tom Ewell, repeating his stage role) whose fantasies kick into overdrive when a beautiful woman (Marilyn Monroe) moves in upstairs while his family is out of town. Some of the jokes may seem dated today, but this 1955 comedy includes the famous scene of leading lady Monroe standing over a subway grate, which became a part of Hollywood iconography. 9 PM on 61 V

Jackson's death certificate updated

DOCUMENT Michael Jackson's death certificate has been amended to reflect his cause of death as a homicide, specifying "injection by another" as the fatal injury. The designation was not a surprise — coroner's officials said last week that they believed Jackson's death on June 25 was a homicide.

Springer returns to talent show

HOST Jerry Springer is coming back in the America's Got Talent fold — this time hosting a live version of the TV talent contest in Las Vegas. The show will run atleast 10 weeks at the Planet Hollywood Resort & Casino starting in October. Springer served as host of America's Got Talent for two seasons on NBC. THE ASSOCIATED

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Bones baby

Bones star David Boreanaz is a dad again. The actor's wife, Jaime Bergman, gave birth to the couple's second child, a daughter, on Aug. 31. Bardot Vita Boreanaz joins her older brother, seven-year-old Jaden Rayne. PEOPLE.COM

Farewell to an epic soap

Guiding Light ends after 72 years on air

Until not so long ago, Stage 42 at CBS' Broadcast Center in New York held a honeycomb of chambers where Guiding Light was shot.

Here stood a life-size dollhouse whose rooms (the Spaulding study; the Company restaurant; the Beacon hotel) fit together, snug as a Rubik's Cube, providing multiple locations and ease of production.

Except that, by a Friday in early August, half of Stage 42 was a void. Roughly half of the set had already been dismantled. This was the last day shooting here at West 57th Street. Then two final days on location in New Jersey. Then lights out for Guiding Light.

You don't have to be a fan of the show, or of the soap opera genre it pioneered, to feel a sense of gravity at the demise of Guiding Light. "It's been reflecting American life back at America since before World War II," said Guiding Light executive producer Ellen Wheeler.

"We are the history of so many people," added veteran leading lady Tina Sloan. "They watched it for so long." But on Friday, Sept. 18 they will watch its final hour, after 72 years and more than 15,700 weekdays on television and radio. It's a run, an institution, that has never been matched and never will.

"I was just packing up my dressing room," said a wistful Robert Newman, who began on the show 28 years ago, and, with only a couple of sabbaticals, has played colourful, oft-wed Josh Lewis ever since. "I've got a lot of junk in there," he mused.

As he spoke, a corridor outside the dressing rooms was jammed with racks of clothes and other costumes being put up for sale to the Guiding Light troupe.

"I took my nurse's uniform," said Tina Sloan, who began her run as nurturing Lillian Raines in 1983. She made a joke about wearing the uniform at home and waiting for emergencies to handle, like she did at Cedars Hospital as Lillian. "I'm mourning her," Sloan said, turning serious. "They're putting Let's Make a Deal in our place. All I can say is: BIG deal!"

It's the latest chapter in the doomsday scenario that has plagued soaps for decades and has now claimed Guiding Light.

Used to be, at any given time there were a dozen-odd daytime dramas on the schedule. Soon there will be only seven. The oldest now becomes CBS' As the World Turns, which began in 1956 Light debuted on NBC radio in 1937 as a 15-minute serial, then came to CBS television in 1952. In 1968, Guiding Light expanded to 30 minutes and, in 1977, to a full hour. Those were the glory days of Light and daytime drama overall.

Huge, faithful audiences flocked to their TVs at the appointed time each day. Then, within a few years, soaps had peaked. In the 1991-92 season, top-ranked soap The Young and the Restless was drawing 10.3 million viewers, with Guiding Light seen by 6.5 million.

By the 2006-2007 season, Y&R was still No. 1 — but with roughly half as many viewers. GL, in the cellar, had 2.75 million viewers.

THE ASSOCIATED PRESS

ROBERT VOETS/CBS

Kim Zimmer and Robert Newman, who star as Reva and Josh on Guiding Light. The series' final episode will air on Friday, Sept. 18.

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No babies, or else: Spencer

Are Spencer Pratt and Heidi Montag headed to divorce court? Possibly — if Montag, 22, gets pregnant, usmagazine.com reports. "He said, 'That's the quickest way to divorce,'" she told MTV News. METRO NEWS SERVICES

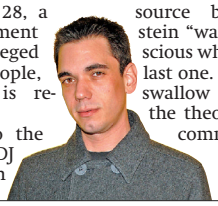
Celebrity Buzz

DJ AM's death a suicide?

TRAGIC DJ AM swallowed a handful of painkillers and had another still in his throat when he was found dead on Aug. 28, a law enforcement source has alleged to People, popeater.com is reporting.

According to the report, Adam (DJ AM) Goldstein had eight undigested OxyContin pills in his stomach, which suggests he downed them quickly. The source believes Goldstein "was going unconscious when he took the last one. He didn't even swallow it," adding to the theory that the DJ committed suicide.

METRO NEWS SERVICES



Possible dad comes forward

OUT OF THE WOODWORK One proposed father of Michael Jackson's kids, dermatologist and Jackson friend Dr. Arnold Klein, is willing to take a paternity test, but only if it's what the kids want, his lawyer says.

"Whether he is or he isn't, it's not going to make him love these children any more or less," said his attorney.

Klein's goal is to keep a promise he made to their father to keep them out of show business, according to Kaplan.

METRO WORLD NEWS

It's official: LeAnn and Dean divorcing

JUST A FORMALITY? It's over for LeAnn Rimes and husband Dean Sheremet, people.com reports.

"After much thoughtful mutual consideration, Deane and I have agreed to move forward with dissolving our marriage," the country star wrote on her website, using the spelling of her husband's given name.

"This decision was amicable and we remain committed and caring friends with great admiration for one another. Thank you so much for all of your continued love and support — it is deeply appreciated."

Rimes, who turned 27 on Friday, married Sheremet in 2002 when she was 19 and he was 21. They separated amid allegations Rimes had an affair with actor Eddie Cibrian after the two met while filming the Lifetime movie Northern Lights last fall.

Cibrian, meanwhile, filed for divorce from wife Brandi Glanville last week.

Rimes' longtime friend, Dope Den Productions founder Jeff Berger, says that Rimes and Sheremet, a songwriter and former dancer, are "doing their best to handle it as mature adults."

"Dean's her best friend and that's the crux of the issue; when you love and care about somebody who's your best friend — how not to cause them pain," he said. "Le and Dean are both great people and, unfortunately, going through a tough situation. But they're doing what needs to be done in as amicable a way as possible."

METRO NEWS SERVICES

Kate abused me, Jon alleges

ACCUSATION In his first television interview since divorce papers were filed in June, Jon Gosselin lashes out at his estranged wife Kate for years of abuse during their 10-year marriage, usmagazine.com reports.

"I took a lot of abuse from her. I was put down," he said on ABC's Good Morning America. "She'll call me like, almost like a lame fish. Like I wasn't going anywhere."

He also says that she often left him with their eight kids because she was always away travelling.

"Well, excuse me, I'm taking care of the kids. She's on book tours, she's doing all these things. You know, she's gone a week. You know, comes back. Packs up and leaves again," Gosselin, 32, said. "I'm standing there like, 'Oh, OK. Your mom's gone again.'"

Things have been tense since they've split, he says. The reality star recalls last month when police were called to the family's $1.1 million US home in Wernersville, Pa., after Kate, 34, showed up unexpectedly when it was his time to be with the kids.

"I wouldn't let her in the gate," said Gosselin. "I said I'm spending time with my kids ... and she's going to have to leave and she tried to cry it up with the cops and it didn't work."

The full interview airs Tuesday. METRO NEWS SERVICES

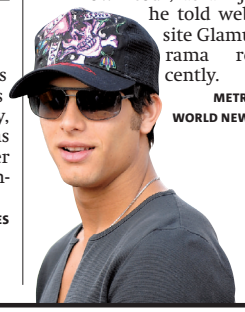
Jesus' DJing career a bust?

WE ALL SAW THAT COMING Jesus Luz, Madonna's 22-year-old Brazilian model boyfriend, has been pursuing his dream of becoming a DJ, but apparently the results so far have been less than stellar.

"In his last gig at Pacha, in Buzios, guests at the club said his set list wasn't captivating at all, and the dance floor was almost empty," a Brazilian source told Page Six. But Luz is undeterred.

"I'm going to travel around the world with my own tour, as a DJ," he told website Glamurama recently.

METRO WORLD NEWS



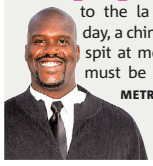
GETTY IMAGES

Celebrity tweets

Kirstie Alley defends her right to be angry, John Mayer misses the simpler days of eating fish, and Shaquille O'Neal takes criticism in stride.

- @kirstiealley Oh God, I hate it when people tell me to CALM down etc. RAGE is a REAL emotion..I would never want to lose it..it indicates an injustice..
- @johncmayer All this new fancy seafood. Halibut. Talapia. What ever happened to a nice piece of cod?
- @THE_REAL_SHAQ went to the la zoo today, a chimpanzee spit at me, dam i must be ugly, lol

METRO WORLD NEWS



I'm crazy like Marilyn Monroe, Megan insists

STAY AWAY She may not be a doctor, but Megan Fox has diagnosed herself as mentally ill.

"I definitely have some kind of mental problem and I haven't pinpointed what it is," Fox told Wonderland magazine. "I basically read every book ever written about Marilyn Monroe.

"I could end up like that because I constantly struggle with the idea that I think I'm a borderline personality — or that I have bouts of mild schizophrenia."

METRO WORLD NEWS

Brit pride in Beckham household

THE MOTHERLAND David Beckham is reportedly so worried about his three sons losing touch with their British roots that he has them watch BBC America at home as much as possible, a source tells the Sun.

"He wants his kids to appreciate their British heritage and its language, and thinks watching BBC America will keep them connected to their country of birth," the source said.

But there's one problem: The channel often airs programs starring Beckham's pal Gordon Ramsay, "which means he has to swiftly switch over to avoid the fruity language."

METRO NEWS SERVICES

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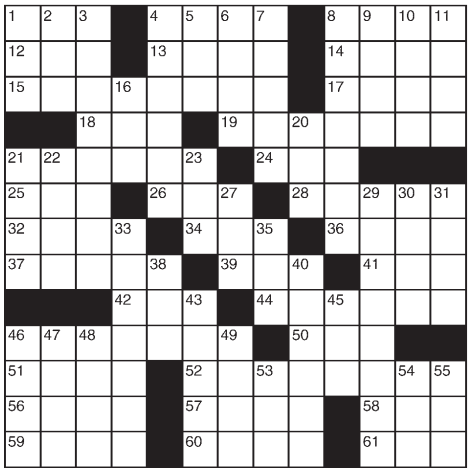
Take Five



ACROSS

1 PC program
4 Delves
8 Carnelian variety
12 Chum
13 Worshipped one
14 Rip
15 "Merci"
17 Top-notch
18 "... or — to be"
19 1/100 of a mark
21 Quarterback Troy
24 Craze
25 Banned insecticide
26 Gratuity
28 Lukewarm
32 Shaving cream additive
34 "Phooey!"
36 Gaelic
37 Copycat birds
39 Profit
41 Pub order
42 Squealer
44 A Few Good Men director
46 Bankrupt
50 Wapiti
51 Eager
52 Free-mail privilege
56 Infamous lyre player
57 Surpasses
58 Caspian, e.g.
59 Metric measure
60 Agile
61 Height of fashion?

DOWN

1 Suitable
2 Oom follower
3 Krill, e.g.
4 Harsh decree
5 Slick, maybe
6 Yucky stuff
7 Form of tobacco
8 Seatless passenger
9 Very long time (Var.)
10 Hindu royal
11 Bottom-of-the-barrel bit
16 Artesian appellation
20 Nosh
21 Leading man?
22 Without acting
23 Pen point
27 Skillet
29 Mischievous
30 Man is one
31 Bambi, e.g.
33 Peer's place, perhaps
35 That girl
38 Put into words
40 Wee
43 University near Boston
45 Sort
46 Gunshot sound
47 Always
48 Old Italian money
49 Item on stage
53 Spring mo.
54 Born
55 Whale group

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		2					6	5
	1	3		7	9			
6			8					
7		5	4		6			
	2						7	
			7		8	6		1
					1			4
			3	4		9	8	
3	5					2		

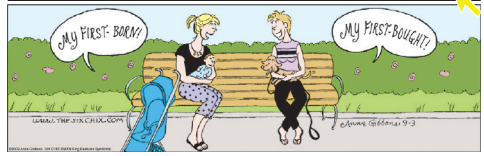
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

C	B	S		M	U	L	E		I	D	L	E
R	A	W		I	L	E	X		T	O	A	T
U	S	A		S	T	O	P	W	A	T	C	H
D	E	B	I	T			O	I	L			
			B	R	A	S		G	I	F	T	S
M	I	S	M	A	T	C	H		C	I	A	O
U	S	E		L	A	R	U	E		A	L	P
S	L	A	T		D	O	G	P	A	T	C	H
H	E	L	O	T		D	O	I	N			
			R	A	T			T	Y	K	E	S
S	A	S	Q	U	A	T	C	H		O	R	E
T	H	O	U		R	O	U	E		O	N	E
Y	A	L	E		T	O	R	T		K	E	N

3	2	5	1	4	7	8	6	9
8	1	9	6	5	3	7	4	2
4	6	7	2	8	9	1	3	5
5	3	2	7	6	1	9	8	4
6	4	8	9	3	5	2	7	1
9	7	1	8	2	4	6	5	3
1	9	3	4	7	6	5	2	8
2	5	6	3	1	8	4	9	7
7	8	4	5	9	2	3	1	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Summer Turkey Sausage Pasta

Submitted by Danielle Seguin, Brentwood Bay, B.C.

INGREDIENTS:

1/2 cup pine nuts
4 green onions, chopped
2 red peppers, chopped
2 tbsp sesame seeds
4 cooked turkey sausages
2 cups whole wheat pasta, such as fusilli
4 tbsp olive oil
2 tbsp balsamic vinegar

METHOD:

1. Combine pine nuts, raw green onions and sesame seeds in a bowl. Add olive oil and balsamic vinegar and toss. Set mixture aside.
2. Cook the turkey sausages in a non-stick frying pan on medium to low heat.
3. Cook pasta. Once the sausages are cooked, cut them into slices and add to the pine nut and onion mixture.
4. Drain the fat from the frying pan and toss in the chopped red pepper for 3 minutes, just to sear.
4. Add the peppers and pasta to the rest of the ingredients. Stir until thoroughly mixed and enjoy.

SERVES 2
PREP TIME: 5 MINUTES
COOK TIME: 15 MINUTES

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
As usual you're thinking of going it alone, but you'll find it easier to reach your goals if you team up with people who share your outlook on life.

TAURUS
APRIL 21-MAY 21
Listen to your conscience and do as it tells you, even if it puts you on a collision course with people who don't share your values.

GEMINI
MAY 22-JUNE 21
The right things seem to be happening at just the right time and the planets indicate you need only put a name to your desire to see it come true.

CANCER
JUNE 22-JULY 22
If there's something you can do for someone today then do it and don't count the cost. That good deed will come back to you sooner than you think.

LEO
JULY 23-AUG 23
Try not to let your heart rule your head today. Other people's tales of woe may sound credible but the planets warn it's most likely a trick.

VIRGO
AUG 24-SEPT 22
It's all coming together. That's great, but don't take your good fortune for granted. Enjoy the present but don't stop planning for the future.

LIBRA
SEPT 23-OCT 23
Any day can be a new beginning. If there is something that would make your life more rewarding, start thinking of ways you can get it. Then act.

SCORPIO
OCT 24-NOV 22
Be kind to yourself today, tomorrow and over the weekend. Even a Scorpio has weak points and they'll be apparent while the moon is full. Be careful.

SAGITTARIUS
NOV 23-DEC 21
It might be tempting to say what others want to hear, but you'll regret it later when you have to tell them the truth. Be honest with people today.

CAPRICORN
DEC 22-JAN 20
Be nice to people, especially those who may be of use to you in the future. Give them the respect they deserve. Let them know you're there for them.

AQUARIUS
JAN 21-FEB 18
This is a good time to plan your next vacation, especially if you've been stuck in one place too long. It won't be long before you are on the move.

PISCES
FEB 19-MARCH 20
You may think that if you don't get your financial house in order immediately it will be impossible to balance the books, but you are overreacting.

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WORDY GURDY®

BY TRICKY RICKY KANE

1. Convent women's hot dog holders (1)
2. African republic drum for a beatnik (2)
3. Made a bird's home less tidy (1)
4. Not-quite-legit lord's wife (2)
5. Conservative wing's tough spots (1)
6. Cancel a trayful of baking cookies (1)
7. Online newsgroup message bragging (2)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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ANSWERS
1. NUNS BUNS 2. CONGO BONGO 3. MESSED NEST 4. SLADY LADY
5. RIGHTS FLIGHTS 6. SCRATCH BATCH 7. POSTING BOASTING
9-3-09

This day in history

SEPT. 3, 301: San Marino, one of the world's smallest nations and the oldest republic still in existence, is founded.
SEPT. 3, 1189: Richard I of England (a.k.a. Richard "the Lionheart") is crowned at Westminster.
SEPT. 3, 1935: Sir Malcolm Campbell reaches 304.331 miles per hour on the Bonneville Salt Flats in Utah, becoming the first person to drive an automobile over 300 miles per hour.
SEPT. 3, 1944: Holocaust — Diarist Anne Frank and her family are placed on the last transport train from Westerbork to Auschwitz, arriving three days later.
SEPT. 3,1994: Sino-Soviet Split: Russia and the People's Republic of China agree to de-target their nuclear weapons against each other.
SEPT. 3,1995: eBay is founded.

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